





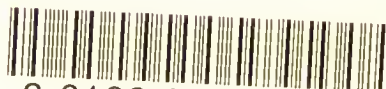
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FIFTY DINNERS



BY

A. KENNEY HERBERT

(*Wyvern*)

"CORDON ROUGE," AUTHOR OF "FIFTY BREAKFASTS,"
"COMMONSENSE COOKERY," ETC.



EDWARD ARNOLD

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INTRODUCTION.

ENCOURAGED by the success of "Fifty Breakfasts," I have tried to compile in like manner a series of "Fifty Dinners." The proportions given have been carefully allotted to meet the requirements of parties of four, the dinners being essentially of the homely or domestic type. All information necessary to work the Menus out will be found in the little volume itself, and with slight consideration alterations can obviously be made to suit individual tastes and more important occasions, by reductions, transfers, or additions, according to circumstances. A few menus for fish dinners have been introduced, an idea for one of vegetables is given, and throughout the object has been, while describing dishes that are either new or cooked in a new manner, to keep all well within the margin of reasonable economy.

A. K.-H.

LONDON, *July* 1, 1895.



MENU I.

(January or February.)

Potage d'abatis de volaille.

Darne de fletang aux moules.

Dinde, sauce aux amandes.

Pain de fraises.

Canapés à la Yarmouth.

ONE shilling's-worth of giblets should be ordered for this soup which must not be mistaken for the ordinary one made of duck or goose giblets. First pick and scald the giblets carefully, omitting the livers, which, if cooked separately, will come in for a nice savoury toast at some future meal. Next turn the giblets out upon a board, and chop them up into small half-inch pieces, as much the same size as can be.

*1. Clear
chicken
giblet soup.*

Put these into a four-quart stewpan with a large saltspoonful of salt and half one of mignonette pepper ; pour in cold water enough to cover them well (about three pints) ; set over a low fire and bring slowly to the boil, the vessel uncovered, skimming from time to time, and adding once or twice, as it may appear necessary, half a small coffeecupful of cold water to check boiling and accelerate the rising of the scum. When the surface is clear increase the heat somewhat, permit the liquid to boil, putting in, already washed and cut up, five ounces each of onion, turnip, carrot, and leeks, an ounce of celery, a bunch of parsley, and

a muslin bag containing a dessert-spoonful of dried sweet herbs. Let the broth remain boiling for five minutes ; then reduce the heat to simmering, and let this continue for three hours. After that the broth should be strained from the giblets into a bowl, and allowed to get cold, when it should be carefully skimmed. If in the early stage all scum was carefully removed the broth will be found quite clear enough to serve. This can be garnished with vermicelli or spaghetti, grated Parmesan being handed round.

The second boilings of the giblets will yield good stock for sauces and moistenings.

A slice of halibut large enough for the party having been obtained, with a pennyworth of fish-cuttings, trim the former, putting any fin or bone that can be removed with the cuttings into a stewpan, with a saltspoonful of salt ; cover with cold water, bring slowly to the boil, then add three ounces of onion, one of celery, a bunch of parsley, an allowance of herbs, and mignonette pepper, and simmer until a good fish broth has been obtained. Strain this off into a bowl. Next take one and a half dozen mussels, having chosen small ones, scrape the shells and scrub them, changing the water several times till all sand and grit are removed. When clean lay them in a roomy *sauté*-pan with four ounces of onion, one ounce of coarsely cut parsley, a saltspoonful of salt, and half that quantity of pepper, half a pint of the broth, and half a pint of chablis or sauterne ; set on the fire and stir the mussels occasion-

2. Piece of
halibut with
mussels.

ally ; when they open they are done. Remove the pan at once or they will be tough, take them out of the shells, dip them in lukewarm water, drain, remove their beards, and keep them ready while you cook the fish. Strain off all the liquid in the pan into a bowl.

Now wash out the pan, put into it sufficient broth—including that in which the mussels were cooked—to cover the fish ; bring this to the boil, lay the slice of halibut in it, maintain the boiling for a minute, and then simmer gently till the fish is tender, when drain it from the broth and set it on a drainer covered with a hot cloth while you complete the sauce :—

Put into a stewpan an ounce of butter, mix with it by degrees over a low fire an ounce of flour, stir for five minutes, and then add the broth in which the fish was poached, let it boil once, pass through the hair sieve, add two yolks of eggs, a tablespoonful of finely minced parsley, and the mussels ; serve the fish garnished with parsley and lemon, and the sauce in a boat.

Choose a small hen turkey. Truss it at home, setting all the giblets at once to make broth, but leaving the liver inside it. Let a blanched onion, wrapped in bacon, be put inside the carcass, and sew up the vent ; stuff with carefully made veal or chestnut stuffing, and of course have the roasting done in front of the fire, the breast barded with bacon, and the whole wrapped in well-buttered paper. Remove these coverings during the last ten minutes for the browning, and serve the bird on a very hot dish garnished with watercress, with brown gravy and this sauce :—

*3. Roast hen
turkey with
almond
sauce.*

Take two ounces of Jordan almonds weighed after the scalding and removal of the skins, dry in front of the fire, chop them up as finely as possible, getting a mince about as small as coarse
Almond
sauce. oatmeal, empty this upon a small *sauté*-pan in which half an ounce of butter has just been melted : stir over a low fire patiently till the almond grains turn a pale brown, then mix in half an ounce of flour, blend well, and add two gills of giblet broth, seasoning with a pinch of sugar, half a saltspoonful of mace, and the same of salt if required ; after bringing to the boil put the sauce into the *bain-marie* without straining, and on the point of serving stir into it a tablespoonful of good cream.

Tartelettes à la Parmentier, which are prepared in this way, might accompany :—Make over a low fire a well-seasoned mixture of mashed potato, with yolks of egg and butter, not forgetting a dessert-spoonful of Parmesan, as for *duchesses* (see Menu xiv.) ; arrange this while hot in a dozen or more well-buttered small oval patty-pans, about two and a half inches long and one and a half across ; smooth them over and let them get cold in order to acquire the necessary shape. When cold turn them out, flour them, brush them over with a well-beaten egg, dust them over with very fine crumbs, and fry in boiling fat.

Dilute a gill of strawberry jam with sufficient light claret to make enough syrup to fill a pint mould, put all into a stewpan with an ounce of soaked gelatine, a teaspoonful of lemon-juice, and the zest, boil up, stirring very carefully, then strain

and cool it, colour it if required with a drop or two of cochineal, and add a glass of liqueur or brandy. Next decorate a plain mould with almonds, put it on ice, and pour your strawberry syrup into it by degrees; cover it over, and set it in ice for two hours; turn it out, and serve it with cold custard in glasses, or plain cream. If in season, you can, of course, make the syrup with fresh strawberries, and when filling the mould you may add to its attractiveness by setting layers of *whole* fruit (fresh or preserved) in it in the style of a jelly.

4. *Straw-
berry syrup
moulded.*

Remove the skin, head, and tail of a bloater, fry it in butter, let it get cold, and then pick all the meat off the bones, saving the roe; pound these together in a mortar, and pass them through a wire sieve, using half an ounce of butter to assist the operation; season well with pepper, adding a pinch of Nepaul and one of mace. Melt a quarter of an ounce of butter in a little stewpan, stir in a quarter of an ounce of flour, mix well and moisten with a gill of milk or broth, add enough of the bloater *purée* to thicken the sauce well, bringing it to the consistency of jam; spread this liberally over four well-fried toasts which have been kept hot in the oven, dust over with grated Parmesan, and serve as hot as possible.

5. *Bloater
toasts.*

The remainder of the bloater *purée* can be moistened in the same way only a little thinner, and used the next morning to mask a dish of poached eggs.

MENU II.

February or March.)

Potage à la poissonnière.

Eperlans farcis, frits.

Tournedos de veau à la Thérèse.

Pigeons sur croûtes.

Salade cuite.

Crêpes à l'eau de fleurs d'oranger.

Biscuits à la fermière.

PROCURE a good-sized whiting, such as can generally be got for sixpence, and a pennyworth of whitefish "cuttings"; order the whiting to be sent in untrimmed. Take off the flesh from the fish in two long fillets, remove the skin from them and set them aside. Chop up the head, bones, and skin, and add them to the fish "cuttings," which should also be chopped up. Put this into a stewpan, moisten with four gills of milk and four of water, and put with it a teaspoonful of salt; bring slowly to the boil; then, after skimming, put in four ounces each of minced onion, carrot, and turnip, one of celery, one of parsley-root, and a tablespoonful of horseradish shavings. Boil, and then simmer for forty-five minutes. Now strain off the broth into a basin. Take a *sauté*-pan with an upright rim, put enough of the fish broth into it to yield a bath for the fillets one inch deep, boil, put in the fillets and a sherry-glass of chablis or sauterne, then simmer the fish till it is very

soft. Drain off the broth now, and return it to the bowl with the rest. Pound the whiting in a mortar with the yolk of a hard-boiled egg and half an ounce of butter; pass this through a *wire* sieve. Take a stewpan, melt half an ounce of butter in it, stir in half an ounce of flour, keeping the fire low, mix for three minutes, and then begin to moisten with the fish broth, passing in the *purée* by degrees till all is expended; boil up once, and simmer for ten minutes; then pass all through the *hair* sieve. Next heat up gently when required, bring almost to the boil, take off the fire, stir in a tablespoonful of cream and two tablespoonfuls of coarsely cut well blanched parsley. Serve with *croûtons* of fried bread. This is a good soup for the Lenten season.

Choose large smelts for this dish, and, handling them carefully, remove the flesh from the bones of each fish in two long fillets. Take out the roes, pound them with a fillet of anchovy and the yolk of a hard-boiled egg to a paste, ^{2. Smelts stuffed and fried.} season with salt and white pepper, brush over each fillet of each smelt with a beaten egg, spread a thin layer of the paste on one of them, sprinkle over it a fine dressing of minced chervil, lay the other fillet over it sandwich-wise, and do the same with the rest. Let them rest awhile to set, then brush them over with egg, breadcrumb with finely sifted crumbs; let this dry, egg and crumb again, and then fry in plenty of boiling fat; drain, dry, and serve on a hot napkin with lemon and parsley garnish. Butter melted, sharpened with lemon-juice, should be the only sauce. Brown

bread and butter may also be circulated. By this process you get rid of the only drawback that some complain of in a smelt—the bones.

For this a nice slice of veal from the leg should be got—say a pound and a quarter, and not less than an inch thick. Lay this upon a board and cut out of it six or eight nice pieces—three inches long and one and three-quarters across if oval, or two and a half inches in diameter if round. Lard these through—*i.e.*, pass the needle straight through them, snipping off the ends of the lardoons with scissors. Alternate the lardoons with strips of cooked tongue, and put the prepared *tournedos* aside. Now take a *fricandeau*-pan, or a *sauté*-pan with an upright rim, and melt an ounce and a half of butter in it over a low fire, spread over this three ounces each of chopped-up onions, carrots, and turnips, one of celery, and a sprig of parsley; season with pepper, salt, and powdered dried herbs. Fry for ten minutes gently, and then put in an ounce of glaze; when this has dissolved arrange the *tournedos* on the surface of the vegetables, and moisten with good broth just level with their surfaces. Bring nearly to boiling-point, then cover the pan, and simmer very slowly till the meat is tender. Now take out the *tournedos*, brush off any vegetables that may adhere to them, and set them on a dish covered by another with a weight upon it. This can be done early in the day.

Prepare the sauce in this way:—Chop up all the trimmings of the veal with two ounces of raw lean

ham or good bacon, mince two ounces of onion, and wash and chop the peelings and trimmings of a quarter of a pound of mushrooms. Put all into a stewpan, season, and moisten with *Therèse sauce.* the broth strained off after finishing the *tournedos*, making it up, if necessary, to three-quarters of a pint with extra broth ; boil up slowly, and then simmer for fifteen minutes, skim, and strain. Take a breakfast-cup, put into it half an ounce of cornflour, squeeze into it the juice of half a lemon, and add sufficient broth to mix it nicely. Set the strained broth now in a stewpan over a moderate fire, and when steaming stir in the mixed cornflour through a pointed strainer ; bring to the boil, and finish with half a glass of chablis, which has been reduced by boiling from a full glass. Now add a few drops of caramel to colour nicely, stir in a tablespoonful of minced ham and a dessert-spoonful of minced olives. Keep the sauce hot in the *bain-marie* while you heat the *tournedos* by arranging them in a baking-pan moistened with a little broth, setting this in the oven, and basting them gently. As soon as properly hot take out the pan, lay the *tournedos* on a hot flat silver dish upon fried *croûtons* of bread, brush them over with melted glaze, and sprinkle finely chopped olives and ham over their surfaces. Garnish with *tomates farcies*, and serve with the sauce in a silver sauce-boat. Equally practicable with beef.

It is now as well to say good-bye to game, for that which comes from abroad to us is poor stuff and out of season, while aquatic birds are getting very fishy.

Choose Bordeaux pigeons ; have them drawn and trussed at home, saving their livers, with which make a paste in this way :—Fry in a dessert-spoonful of butter in a small *sauté*-pan a teaspoonful of minced onion ; put in the pigeons' livers and one chicken's liver, fry gently, adding half an ounce of glaze and a seasoning of pepper, salt, and powdered dried herbs. As soon as the livers are soft empty the contents of the pan upon a sieve, drain off the juice, and pass the rest through. Mix all to a paste and use this to spread over the *croûtes*, on which the roasted pigeons are placed. Let the latter be lightly roasted, well basted, and served as hot as possible. Good bread sauce and brown gravy should accompany.

This had better be made of French preserved *macédoine de légumes*. Empty the contents of the tin upon a strainer, let all the liquid drain off, then put the vegetables in your bowl, season with salt and black pepper, and moisten with a gill of well-made *mayonnaise* sauce, keeping it as cold as possible.

Two hours beforehand put into a bowl three and a half ounces of flour ; make a hollow in the centre of it ; into this mix the yolks of two eggs which have been beaten in a sherry-glass of orange-flower water, a dessert-spoonful of castor sugar, and two dessert-spoonfuls of the best salad oil. Mix well together, adding sufficient lukewarm milk to bring the batter to the consistency of smooth cream. Set the bowl in the temperature of the

4. *Pigeons
on toast.*

5. *Salad of
cooked
vegetables.*

6. *Pancakes
with orange-
flower water.*

kitchen to rest for the time indicated. Just before using, mix into it a dessert-spoonful of brandy, the white of one of the eggs, and half a gill of cream, well whipped. Have ready a clean omelette-pan, brush its surface over with melted butter, and cook the batter therein in the style of pancakes. As each is done, sprinkle it with castor sugar and orange-flower water. If liked, a canopy of sugar may be shaken over the surface of the *crêpes*, which may be glazed with a glazing-iron to caramel; serve as soon as possible.

Use plain unsweetened biscuits for this savoury, turning and thoroughly heating them in butter in a *sauté*-pan over a low fire; as the butter browns, devil the biscuits with a mixture composed in this way:—Mix together three teaspoonfuls of salt, one of black pepper, and half one of Nepaul pepper. When seasoned well, lay upon the top of each a grilled mushroom, shake over that a slight dusting of the seasoning, and serve as hot as possible.

7. *Biscuits
with mush-
rooms.*

MENU III.

(March or April.)

Queue de bœuf clair.

Boudins de merlans.

Gigot d'agneau à la Bercy.

Concombre étuvé.

Pannequets au cognac.

Biscuit à la diable.

THIS is a simple method of making clear ox-tail soup with the tail only. Cut the tail up into joints, and crush each one with a smart blow with the chopper. Melt an ounce of butter in a roomy stewpan, and put to it four ounces of chopped onion, three of carrot, three of turnip, one of celery, and a sprig of parsley ; fry gently, and put in the pieces of tail ; cook all together till slightly coloured, then moisten with half a pint of warm broth and a glass of marsala. Continue the cooking until the liquid becomes almost a glaze, then cover all with warm broth or water, bring slowly to the boil, skimming carefully ; when clear of scum put in a muslin bag containing a dessert-spoonful of dried sweet herbs, and simmer gently for three and a half hours. Strain off the broth now into a bowl, when cold take off all fat, clarify with twelve ounces of raw beef and one whole fresh egg, strain, warm up, and serve garnished with a few pieces of the tail meat cut into squares,

and a tablespoonful of separately cut and cooked vegetables.

N.B.—The second boilings of the tail will form a useful stock, see Menu xxiv.

A good sixpenny whiting ought to suffice for these little puddings. Order it to be sent home as it is. Take the flesh from the fish in two fillets, one on each side. Chop up the head, ^{2. Whiting puddings.} bones, and skin ; put them into a stewpan, moisten with half a pint of milk (cold), season with a saltspoonful of salt and a pinch of white pepper, bring slowly to the boil over a moderate fire, then put in three ounces of minced onion, half an ounce of minced celery, a good sprig of parsley, and a teaspoonful of dried herbs. Simmer for half an hour, and then strain. Take a shallow *sauté*-pan with an upright rim, put the strained broth into it, bring it to the boil, then slip in the fillets, cooking them quickly, the object being to get them soft enough to turn to a *purée*. In five minutes this should be done. Drain off the broth, pound, and pass the fillets through a wire sieve, adding for six ounces of whiting two ounces of butter, or fat of cooked ham, and two ounces of panada, and place the *purée* in a bowl ; beat up and add to it two whole eggs, and the yolk of another ; beat well together, season, add a tablespoonful of cream, then pour the mixture into buttered darioles, or a plain mould, and steam for twenty-five minutes. While this is proceeding turn the broth to a sauce, thickening with half an ounce of butter and half an ounce of flour, sharpening with a tea-

spoonful of lemon-juice, and finishing with the yolk of a raw egg. When the moulds are done, turn them out, mask with the sauce, and serve.

Shorten the shank bone by sawing it off close to the end of the meat. Choose a good-sized stewpan, large enough to hold the leg easily, line it with pieces of fat bacon or pieces of good beef dripping, laying over it three ounces each of onion, carrot, and turnip, an ounce of celery, and a sprig of parsley, all cut small, and a seasoning of salt and pepper. Lay the leg of lamb upon this bed, set the pan over a moderate fire, and, when the fat is melted, turn the leg about for a few minutes, to seize the meat and slightly colour it. This being done, moisten with warm broth, just level with the top of the meat, bring to the boil, skimming off the scum, then close the pan, put it into a moderate oven, or over a low fire, to cook as slowly as possible for two hours. By that time the broth will be reduced more than half. Now take out the leg, put it on a small baking-pan, strain the broth, remove the fat, boil it down a little, adding a sherry-glass of marsala and an ounce of glaze, pour some of this into the pan, put it into the oven, and continue to baste the leg every now and then with the remainder of the broth and that in the pan until it is nicely browned. Then dish it, with a ring of watercress round it, sending whatever broth may remain in a sauce-boat.

New potatoes may accompany and the following :—

Procure a nice cucumber, take off the ends, and cut

the remainder into two-inch lengths ; peel these, and cut them in quarters lengthwise. Pare off the seeds if they are developed. Have ready a stew-pan with half a pint of boiling milk, put in a teaspoonful of salt and a pat of butter the size of a two-shilling piece. Then put in the cucumber fillets, and simmer very gently till tender. Now drain them, thicken the milk in which they were cooked, finishing it with the yolk of an egg and a tablespoonful of chopped parsley ; set this with the fillets in it in the *bain-marie* to keep hot, and serve when wanted.

For these prepare a batter in the manner given at page 10, and with it make as many *small* pancakes as it will give. When each pancake is ready spread a thin layer of apricot jam over it ; fold it over, and lay it on a hot dish, and dust with sugar, completing the rest of the pancakes in the same way. Lastly, pour two tablespoonfuls of brandy round them ; set this alight, and serve as quickly as possible.

Choose plain biscuits, not sweetened, melt half an ounce of butter in a small *sauté*-pan, lay the biscuits upon it, turning them over a low fire till the butter browns, pepper with grill seasoning on both sides. Put them on a very hot dish, and pour the browned butter over them, and serve.

MENU IV.

(April or May.)

Potage à la Cingalèse.

Blanchailles.

Poulet au riz à l'Italienne.

Asperges à la crème.

Compote de groseilles.

Croûtes au Chester à la Suisse.

PREPARE a pint and a half of giblet broth as given in Menu i., or of fish broth as explained in Menu ii.

I. *Ceylon*
soup. This having been done, and the broth strained into a bowl, put into an earthenware casserole or stewpan an ounce and a half of butter ; melt this over a low fire, and then add four ounces of finely minced onion. Fry gently till the onion is soft, but not coloured ; and then put in—previously mixed on a small plate while the onions were being cooked—one tablespoonful of *crème de riz*, one teaspoonful of turmeric powder, half a teaspoonful of powdered cinnamon, and a saltspoonful of salt. Fry this with the butter and onions for five minutes ; then moisten with the broth, add a tablespoonful of ground sweet almonds with one of desiccated cocoanut, and a tablespoonful of pounded *green ginger* (procurable at all Stores, and the herbalists' at Covent Garden). Bring to the boil, and simmer for half an hour. Now empty the contents of the stewpan upon a large hair sieve,

pass the soup through, finish with a teaspoonful of lemon-juice and serve with *croûtons* of fried bread.

Spread a clean cloth on the kitchen table, dredge flour over its surface fairly thickly, take the bait out of the iced water in which they are sent with a perforated slice, and, with a fork, detach ^{2. *White-bait.*} them one from another all over the surface of the floured cloth. It is better not to finger them : toss them in the cloth, shaking the flour over them, and let them lie so that the flouring may dry. Then turn them out on a wire sieve and shake off superfluous flour.

Prepare a good bath of fat at least three inches deep, set this over a brisk fire, and when hot enough—*i.e.*, when a crumb of bread cast into it fizzes freely—plunge the wire frying-basket into it. Pass the white-bait into it with a slice, only putting in as many as you can thoroughly immerse at a time. Maintain the heat. Leave them alone for three minutes motionless, then slightly stir them ; in half a minute more give them another stir : four minutes, or at most five, should be enough if the fat is properly hot. They must not be allowed to turn brown. Lift up the basket, drain them over the fat, shake them, dust some salt over them, turn them out upon blotting paper or a hot dry cloth to dry thoroughly, and repeat the same process till all the whitebait are done.

If at all flabby, owing to the fat not having been hot enough, they may be plunged when cold again into very hot fat for a minute, when they will be crisp. Indeed it is by no means a bad plan to give them a

preliminary fry two hours before they are wanted (say of two or three minutes), and when they are wanted to finish with a second plunge into boiling fat for a minute or two. Clarified beef suet is the best frying medium.

Boil the fowl as carefully as possible, putting in with the bird—six ounces of onion, four each of carrot and turnip, and an ounce of celery. The broth thus produced (*la cuisson*), thickened and enriched with the yolks of two eggs, should be used to mask the fowl, some of it being served in a hot sauce-boat to accompany it. As for the rice, carry out the boiling of six ounces of the best Patna in the manner explained in the next paragraph, but, on returning it to the hot vessel after the draining, stir in a couple of ounces of the best fresh butter, using a two-pronged steel fork—a wooden spoon makes the rice sticky—work this into the rice, and then dilute with half a pint of freshly made tomato *purée*, finishing with two ounces of grated Gruyère or Parmesan. Stir well together, keeping the mixture in the hot pan till the fowls are dished and masked, then arrange the tomato-tinted rice in a circle round them, and serve as quickly as possible. Grated cheese should accompany the sauce in circulation.

BOILING RICE.—Always choose a large vessel for this work : two gallons of water should be allowed for six ounces of rice, a dessert-spoonful of salt and the juice of a lemon should be put into it. Do not *wet* the rice by washing beforehand : the best Patna is

3. *Fowl with
rice, Italian
way.*

thoroughly refined and requires no cleansing. When the liquid boils freely throw in the dry rice ; maintain the high temperature, stirring now and then with a wooden spoon. Watch the clock, and after ten minutes' boiling begin to test the grains by taking a few out with the spoon and pinching them between the finger and thumb. In twelve or fourteen minutes they ought to be quite tender without pulpiness, the exact time depending upon the size of the grains. When this stage has been reached boiling should be immediately stopped by the throwing in of half a pint or so of cold water. Lift the pan from the fire, drain off all the water on a wire sieve, returning the cooked rice to the hot dry vessel in which it was boiled. Put in a quarter of an ounce of butter to detach grains that may stick to the side of the pan, and work the rice about with a two-pronged steel fork. Shake well, cover with a hot folded napkin (not the lid), and set the pan in front of the fire, or on the most moderate part of the hot-plate upon a "safe-boiling stove mat," giving it a shake every now and then. This drying process should take from eight to ten minutes. By following this method failure is impossible.

For spring or summer nothing is nicer than *cold* asparagus (iced if possible), with plain cream as a sauce. Boil the asparagus in salted water, drain it on a perforated dish, and leave it ^{4. *Asparagus with cream.*} to get cold in the larder with crushed ice under it. See that the cream is cold also. A sprinkling of fine French vinegar over the asparagus gives a slight and pleasant sharpness to the dish.

When well in season, green gooseberries make a nice compote in this way. Having picked and washed the fruit (say a quart measure), blanch
 5. *Gooseberry*
compote. them for two minutes in boiling water, using a glazed earthenware or enamelled pan to preserve the colour. Prepare a syrup by boiling in a pint of water eight ounces of loaf sugar : after ten minutes' boiling, put in the gooseberries, a tablespoonful of apricot jam, and a sherry-glass of kirsch ; simmer gently till the fruit is tender ; then drain, put the gooseberries in a glass compote, and strain the syrup over them. Serve very cold.

Grate two ounces of Cheshire or mild dry cheese ; mix with it in a basin two tablespoonfuls of cream, an
 6. *Swiss*
cheese toasts. ounce of butter, a dessert-spoonful of made mustard, half a saltspoonful of salt, and the same of Nepaul pepper, finally adding two well-beaten eggs. Stir till smooth, pour the mixture into well-buttered tartelette moulds, and steam very gently in a shallow bath of hot water till set, when turn them out, lay them on *croûtes* cut the same size and nicely fried, dust over with grated Parmesan, and serve as hot as possible.

MENU V.

(May or June.)

Purée de concombres.

Barbue à la Provençale.

Langues de mouton aux petits pois.

Cailles rôties, et salade.

Petites marmites aux cerises.

Croûtes au caviar.

A MILD, uncoloured stock should be prepared, such as that jotted down for the *purée* of shrimps (Menu xviii.), and one small cucumber will suffice for the *purée*. Slightly thicken the former as in ^{1. Cucumber} *purée*. the case alluded to, and then wash and cut up the cucumber skin and all. Put this into a stewpan and cover with the stock, boil and simmer till the pieces are soft, then pass all through the sieve, and heat up again, completing the composition with a dessert-spoonful of cream, the yolk of an egg, or a quarter of an ounce of butter. A garnish of separately cooked half-inch dice of cucumber may be added, the process being this :—Cut up as many dice as you think sufficient, put a ten-inch stewpan on the fire, three parts filled with water, season this with salt, put half an ounce of fresh butter into it, and bring it to the boil ; now put in the dice, and watch them, draining them as soon as they are tender.

This soup can be made with milk instead of stock,

in which case four ounces of onion finely shred should be boiled with the cucumber.

Choose a small brill and cook it in the manner explained in Menu xi., for John Dory, keeping the fillets hot and serving them as soon as possible with this sauce. Put three-quarters of an ounce of butter into a stewpan over a low fire, melt it, and stir in the same weight of finely minced onion, fry gently for five minutes, and mix with it three-quarters of an ounce of flour, moisten with half a pint of the fish broth and a gill of chablis or sauterne, putting in with it a tablespoonful of French tomato conserve, or a four-ounce tomato cut up, a bouquet garni, and seasoning, bring to the boil, then simmer for fifteen minutes, take off the fire, pick out the bouquet, and pass the rest through a hair sieve ; heat up again and serve with the fish, part of it being used to mask the fillets.

Four sheeps' tongues will make a nice dish :—Soak the tongues, as soon as they are delivered, in cold water for an hour and a half ; next take a stewpan, put into it an ounce of butter, melt this over a moderate fire and then add three ounces each of onion, turnip, and carrot, an ounce of celery, and half one of parsley similarly cut ; fry till the vegetables begin to take colour when an ounce of meat glaze should be put in with a seasoning of salt and pepper. As soon as the glaze has melted lay the tongues on the bed of vegetables, moisten with sufficient broth to cover them, close the pan, and cook them very gently without per-

2. *Brill with
Provençale
sauce.*

3. *Ragoût
of sheeps'
tongues
with peas.*

mitting them to boil. When they are tender, which will probably be in an hour and a half, remove the pan, take out the tongues, brush off any vegetable that may adhere to them, peel off their skins, and lay them on a dish with a weight above them. Let them get cold.

Now trim the tongues neatly, removing the unsightly roots and bones, and divide each trimmed tongue in halves, lengthwise. Examine the bowl of broth, remove all grease from its surface, take a stewpan, and proceed with an ounce of butter and the same weight of flour to thicken the broth. When this is ready, colour it with a little browning if necessary, and put into it an ounce of meat glaze, a teaspoonful of lemon-juice, a teaspoonful of red currant jelly, and a sherry-glass of claret, the pieces of tongue, and half a pint measure of nicely cooked marrowfat peas. Set the vessel in the *bain-marie* till required. The *ragoût* thus completed may be served within a tastefully made border of potato or rice, or in a pastry case in the style of a *vol-au-vent*.

The quails, barded with bacon and wrapped in vine-leaves, should be prepared in the manner advised for *pigeons sur croûtes*, Menu ii. Let brown gravy accompany them and this sauce :—

4. *Roast quails.*

Weigh three ounces of Indian cashu-nuts, scald and peel them, chop them up into a coarse mince, fry this gently in an ounce of butter till a pale brown, then stir in half an ounce of flour, moisten with half a pint of broth or milk, boil, simmer for fifteen minutes, press through a *wire* sieve, and finish, after heating the sauce up, with a tablespoonful of cream.

Choose one large fully leaved cos-lettuce (now coming in in nice condition) or two small ones. Strip off the outer leaves, rejecting all that are flabby, bruised, or coarse. With a sharp knife cut off the tips of the leaves that remain, and remove the now pale-tinted leaves that still adhere to the stalk with your hand, examine each and wipe off any dust or grit there may be, avoiding washing or wetting if possible. The whole, having thus passed their examination, may now be broken up into inch lengths and thrown into a clean, dry salad-bowl. The mixing is very simple ; all it needs is a good eye, the best materials, and obedience to the rule that the operation ought *not* to be carried out till the salad is actually wanted. Using the best oil, commence by anointing the leaves, turning them about with the wooden salad-fork, and dripping the oil over them till they all glitter—to exactly fix the quantity of this ingredient is impossible, for it *must* vary according to the quantity of green-stuff. Let the eye guide the hand. Stop when the stage indicated has been reached, add *a few drops* of the best French or Italian red-wine vinegar—a small teaspoonful is ample for a full-sized cos-lettuce—and then season, dusting salt over the leaves with a fine dredger (such as used for muffins) and grinding fresh black pepper—sparsely—over them with the table-mill. Having ready a teaspoonful of finely minced tarragon leaves, this can lastly be scattered into the bowl. Throughout the seasoning the fork must be kept at work to ensure equal distribution. If not objected to, a teaspoonful of finely chopped chives may go in with the tarragon. The use of herbs is obviously optional.

The fashion of serving fruit in liqueur-flavoured syrup in little earthenware *marmites*—miniature stock-pots in fact—seems to be popular. Kirsch of course is the natural liqueur to associate ^{5. Cherries in little pots.} with cherries so let us use that to flavour the syrup. Put half a pound of lump sugar into a sugar boiler or earthenware casserole, moisten it with two quarts of water, boil for three minutes, put one pound of Kentish cherries into it, cover the pan, and simmer for five minutes, drain off the liquid from the cherries, putting the latter for the present into a bowl, and sprinkling them with a sherry-glass of Kirsch. Now reduce the liquid by boiling till it slightly coats the spoon, flavour it with a sherry-glass of Kirsch, and pour it into the bowl with the cherries. Keep this hot, and serve in small *marmites*, one for each person. Half these quantities would be enough for four people.

Caviare cannot be served too plainly. The best way of all being—in the jar with dry toast, lemon quarters, and Nepaul pepper accompanying. A nice *croûte* can, however, be made in the ^{6. Caviare toast cold.} summer-time in this way:—Stamp out of a slice of bread a quarter of an inch thick the number of rounds that may be required two inches in diameter. Fry these crisply, dry, and cool them. Then spread over each a layer of caviare, mask them with mayonnaise sauce, and serve—cold.

MENU VI.

(June or July.

Croûtes au pot.

Merlans à la Portugaise.

Poulet grillé, au jus d'estragon.

Pommes de terre sautées à la Lyonnaise.

Petits pois au beurre.

Crème aux fraises.

"Woodcock toast."

THIS is the ordinary clear *pot-au-feu* of page 185 with pieces of toast and vegetable introduced at the last moment. The preparation of the toast, however, demands attention. Cut off the bottom crust of a tinned loaf, with the same thickness of crumb as of crust ; cut this out into squares half the size of a visiting card, or in rounds the size of a florin ; soak them in some stock (from the soup) and put them in a buttered tin into the oven, where they should remain until crisp and dry. Slices of carrot, turnip, onion, and pieces of celery, that have been cooked in the *pot-au-feu* with some pieces of cabbage boiled separately, should be added to the soup before serving, the crusts being put in at the very last moment.

Prepare two whittings in fillets without skinning (using the trimmings for a broth for the sauce) and

lay them in a *marinade* composed of one tablespoonful of salad oil, the same of vinegar or lemon-juice, and a tablespoonful of horseradish shavings, with pepper and salt. After lying in this for an hour or so, lift the fillets, drain dry, and lay them on a buttered dish that will stand the oven ; season them with pepper, salt, and finely minced parsley, and moisten with this sauce :—Put half an ounce of butter into a small stew-pan with a dessert-spoonful of chopped shallot, and one clove of garlic peeled but not cut. Fry over a low fire for five minutes, then stir in a pound of ripe tomatoes cut up small, moistening with a gill of chablis or sauterne and two of fish broth. Boil and simmer till the tomatoes are pulpy, then pass all through a hair sieve, picking out the clove of garlic ; pour part round the fish, and cook them in the Dutch oven for seven or eight minutes ; serve in the same dish as hot as possible, the rest of the sauce in a boat.

Procure a nice chicken picked, but otherwise untouched, and clean it, saving the giblets with which a broth should be made, assisted by any scraps of meat there may be, vegetables, and half an ounce of glaze. Next open the bird down the back, truss the legs and wings as for boiling, and flatten out the fowl like a steak ; when to be cooked, wipe the fowl, brush it over with egg, turn it over on a cloth spread with bread-crumbs, and grill it carefully over a bright fire. To do this effectively the crumb must be given time to set well, and just before grilling a brush dipped in melted

2. *Whittings with Portuguese sauce.*

3. *Spatchcock with tarragon.*

butter should be passed over it ; butter the gridiron, and see that the fire is not too fierce. Lay the inside to meet the fire first, and turn gently—not too close to the coals ; butter should be brushed over the surface once or twice during the process. Serve, as soon as the bird is done, on a hot dish, garnishing with watercress. The clear broth without thickening should accompany in a boat, a dessert-spoonful of coarsely chopped tarragon being added to it. Bread sauce may be also handed round, and a nice salad.

The potatoes having been three-parts boiled should be laid in a well-buttered *sauté*-pan, with a dessert-spoonful of finely chopped parsley, and the same of chives or shallot. In this they should be stirred about till done, and served with the butter and herbs poured over them. Young kidneys chosen of an equal size would be best for this.

4. *New potatoes, Lyon-naise way.*

Cook a pint of freshly shelled peas in this manner :—Put a quart of water on the fire, stirring into it a salt-spoonful of salt, one of sugar, and half an ounce of green mint. When this boils, pour in a pint measure of freshly shelled peas, boil with the vessel uncovered, then drain, and pick out the mint. If you want a bright colour, never boil peas in a tinned utensil. Take a copper boiler not tinned, or an earthenware or enamelled casserole. After boiling and draining dust them over ever so finely with castor sugar and salt blended ; stir in just enough of the freshest butter to

5. *Green peas with butter.*

lubricate them without leaving a greasy sediment, and grind over them a few grains of black pepper with a pepper mill. This *entremets* may be handed with the chicken.

For a small party an excellent cream can be made with half a pound of strawberries, half a pint of cream, half an ounce of gelatine, and two ounces of sugar with the juice of half a lemon. Pick ^{6. Straw-} the fruit before weighing, and see that each ^{berry cream.} strawberry is clean and sound. Then pass the whole through a clean hair sieve, and add the sugar and lemon-juice. Meanwhile, soak half an ounce of gelatine, and put the cream in the refrigerator. Dissolve the gelatine in a small saucepan, using a coffee-cupful of milk, and strain it into the strawberry pulp : whip the cream, and blend it with the strawberries. Mix thoroughly, fill the mould and leave it in ice till wanted, when turn it out and serve. Practicable with raspberries, &c.

Having saved the liver of the chicken used for the grill, and procured two more from the poulterer, a very good toast can be made in this way. Put the livers in a small *sauté*-pan with a tea- ^{7. Woodcock} spoonful of finely minced onion, and half an ^{toast.} ounce of butter, fry gently till the liver is cooked, then empty the contents of the pan into a mortar, adding one fillet of anchovy or a saltspoonful of the sauce ; pound well to a paste, adding a quarter of an ounce of butter. Fry the toast crisply and dry it in the oven, then spread the liver paste over it, and cover with a nice

top-dressing of savoury custard made in the following manner :—Separate carefully from the whites two yolks of egg and keep them handy, and for each yolk take two ounces of butter. In a small saucepan heat almost to boiling-point one tablespoonful of water. Take off the fire, and stir well into the hot water the two yolks ; lower the fire, and over very gentle heat add half-ounce by half-ounce the four ounces of butter ; stir this till it thickens smoothly, and pour it over your anchovy toasts. A slight sharpness may be given with half a teaspoonful of anchovy vinegar, and a seasoning of salt and pepper is of course necessary. This dressing should be carefully watched, for, if permitted to approach boiling, it will curdle and become lumpy ; what you want is a very thick, creamy-looking custard.

*Savoury
custard.*

MENU VII.

(July or August.)

Consommé de laitue.

Poisson St. Pierre au gratin.

Pièce de bœuf en aspic.

Coquilles aux tomates.

Compote de framboises.

Biscuits au laitance fumée.

MAKE a pint and a half of clear stock, according to the rules of the *pot-au-feu*, but using sixpennyworth of fowls' giblets with vegetables, bouquet, and seasoning instead of meat, and treat the lettuce in this way :—Pick and wash one small cabbage lettuce,¹ dip it into boiling water for five minutes, take it out, cool with cold water, drain, cut it into quarters and pick out the cores ; tie the lettuce together again ; butter a small stewpan, place a couple of slices of bacon at the bottom of the pan, lay the lettuce on them, and cover them with stock ; add two cloves, an ounce of onion, a teaspoonful of sugar, one of salt, and a teaspoonful of dried herbs in a bag. Simmer the lettuce very slowly until done, take it out, drain it, and when dry, cut it into shreds with a dessert-knife : put the shredded pieces at the bottom of your turcen, pour the clear broth, boiling hot, over them,

¹ Lettuces cooked in this manner may be served as a vegetable, in which form they are delicious ; omit the shredding, and serve them with their broth poured over them.

and serve. One average lettuce will be found enough for four basins. The broth in which it is cooked must be skimmed, strained and added to the soup before the latter is clarified. Grated cheese should be handed round.

Clean and trim a small dory. Cut off the head and detach the flesh from the bone with a sharp knife ; take the two sides so obtained, and season
 2. *John* them on their respective *inner* sides (which
Dory baked. you must first brush over with a well-beaten egg) with pepper, salt, finely chopped parsley, chives, and chervil, lay them together again : the fish resuming its former appearance. Chop up the head and bones, and in the manner before described extract from them a good broth. Now butter a flat metal *gratin* dish or one of china that will stand the fire, strew over the butter a fine layer of chives, chervil, and parsley, minced small, place the fish thereon, moisten it with a sherry-glass of chablis, or a light white wine of that class, and two of the broth. Bake in a moderate oven. Whilst baking, make a good white sauce with the remainder of the broth made from the bones and trimmings of the fish ; bring this to the boil, and sharpen it with a teaspoonful of anchovy vinegar. When the fish is *nearly* done, take it out of the oven ; pour the liquid from its dish into your sauce ; garnish the fish with fillets of delicately stewed cucumber ; over all pour your sauce—which should be nice and thick—set the dish in the oven again for five minutes, and serve with *croûtons* of bread that have been fried a golden brown in butter.

This recipe can obviously be simplified still further as follows :—after having detached the pieces of fish from the bones, set the latter and the trimmings to make a broth : season the inner sides with chopped parsley, lay them together and bake, moistening with some of the broth, and a tablespoonful of white wine. Then thicken the remaining fish broth ; add the liquid from the baking-dish, stir in the yolk of a raw egg, off the fire, pour it over the fish and serve.

Tie a nice piece of fresh brisket of beef, weighing about four pounds, into a compact shape and braise it in stock, with the usual allowance of vegetables and a glass of white wine ; when ^{3. Brisket of beef in jelly (cold).} done, take it out, remove the string, take out the bones, and place the meat on a flat dish with a heavy weight upon it ; when thoroughly cold, and set, trim it all round with a sharp knife, and glaze it with a brush dipped in melted meat glaze. Make a pint of aspic jelly, pour this upon a flat dish set upon ice ; let the liquid be a quarter of an inch deep ; when set, turn this slab of jelly out upon a cold, damp cloth, cut patterns out of it with a pastry cutter, and garnish with them both round the joint, and upon its surface ; turned olives and sprigs of parsley may also be arranged round it ; serve with the best salad you can devise, and a good mayonnaise sauce. Or, the beef may be served hot, with its own gravy thickened, and garnished with vegetables—*pièce de bœuf braisée*.

This recipe may be followed with a fresh, or partly cured ox-tongue.

Half a pound of ripe tomatoes will suffice for this. Turn them to a *purée*, according to the recipe given at page 37. Butter four silver or china
 4. *Tomatoes* scallop shells. Slightly thicken the tomato
in shells. *purée* with white bread-crumbs, fill the shells with this, dust over the surfaces a pretty thick layer of grated Parmesan, and set in the oven till thoroughly hot, brown the tops with a hot iron if necessary, and send up on a hot napkin.

Simmer a quart of raspberries in water with three ounces of sugar and the juice of a lemon. When quite tender strain and pass the fruit through the
 5. *Compote* sieve. Put the syrup in a saucepan, dissolve
of rasp- half an ounce of gelatine, and stir it into
berries. the fruit over a low fire till well mixed ; now pour this into a glass compote dish, setting in it a pint of whole raspberries, and put it to get firm in the refrigerator. The best creamy almond or vanilla custards (also set in the ice-box) should go round in glasses, or a little jug of cream. A glass of rum, brandy, maraschino, or curaçoa may be stirred into the syrup with manifest advantage, and any kind of fruit may be used in the same way. Whole strawberries set in a syrup of the same berry make a very nice compote.

These are devilled biscuits (see Menu iii.)
 6. *Biscuits* with a thin layer of smoked cod's roe laid
with smoked over them, dusted over with Nepaul pepper,
roe. and served very hot.

MENU VIII.

(August or September.)

Potage velours.

Grondin à la Wyvern.

Poitrine de mouton à la Milanaise.

Purée de pommes de terre.

Aubergines au gratin,

Blanc-manger aux amandes.

"Anchovy toast."

THIS is a *purée* of the red part of one pound of carrots with tapioca. Prepare about a pint and a half of good white broth with sixpennyworth of fowl giblets, half a pound of lean veal stock ^{I. Velvet} soup. meat, and the usual vegetables. Cut eight ounces of the red part only from the carrots, using the light-coloured part in making the broth. Put into a stewpan one ounce of butter with the slices of red carrot, two ounces of the white part of a leek or a like weight of onion, and a saltspoonful of salt. Fry for five minutes, then moisten with half a pint of the broth; bring to the boil, and simmer till the carrot pieces are done; then pass the whole through a hair sieve. Set the *purée* thus obtained on one side for a time. Now put the remaining pint of broth on to boil, and when boiling stir in half an ounce of tapioca, which should be crushed beforehand into evenly

granulated particles about the size of a pin's head. Stir the tapioca into the broth for five minutes ; then cover the vessel, and simmer for twenty minutes, very gently skimming every now and then. To complete the soup, put the carrot *purée* into a fresh stewpan, set this on the fire, and gradually stir into it the broth with the tapioca ; bring up to the desired degree of heat, and serve.

2. *Gurnard,* For this process see Menu xv., and follow
Wyvern's the directions there given for haddock.
way.

Choose a nice breast of mutton, not too fat, bone it, and put it to *marinade* all day in oil, vinegar, chopped parsley and shallot, turning it from time to time. When wanted, take it up, dry it with a clean cloth. Put it into a stewpan with two ounces of clarified beef suet, and an ounce of onion shredded ; fry, turning the breast till the onions begin to take colour, then pour in sufficient warm water to cover it, an ounce of good meat glaze, the bones you took out, four ounces each of onion, carrot, and turnip, a piece of celery, black pepper and salt ; cover the pan, and stew gently till nearly done, then take it out, drain it, and set it under a weight on a dish to get cold ; when cold again, breadcrumb its upper side for ordinary baking. Meanwhile strain off the broth from the bones, &c., set it to cool, and skim off the fat. Boil three ounces of macaroni, spaghetti, or *nouilles*, and when done, drain off the water, and leave the macaroni in the hot saucepan till wanted, melting half an ounce of butter with it to keep

3. *Breast of*
mutton à la
Milanaise.

it from sticking. In a quart stewpan over a low fire fry an ounce of minced onion in half an ounce of butter till it begins to turn yellow. Cut up half a pound of tomatoes into quarters, and put them into the saucepan with the butter and onions : stew gently till done ; turn them out upon a hair sieve, work the tomatoes through the sieve ; put the pulp which comes through into a saucepan, with a roux of half an ounce of butter and flour previously prepared to receive it, and moisten the pulp with a few spoonfuls of the cold broth, till you have a nice creamy *purée*, season with a little salt and black pepper, and stir it into the macaroni. Keep this hot. Now set the breast in the oven to finish cooking, and brown the crumbs, dishing up as follows:—place the macaroni upon a very hot dish, put the baked breast of mutton upon it, and serve.

For the sauce :—take the rest of the broth in which the breast was stewed, and, assuming that there is half a pint, proceed as follows :—Make a roux with half an ounce of butter and half an ounce of flour, stir in the broth, adding half an ounce of meat glaze, flavour it with a teaspoonful of red currant jelly, half a teaspoonful of reduced vinegar, and a dessert-spoonful of marsala. Heat up and stir in, off the fire, the yolk of an egg. Send round in a boat, hot.

Boil and mash a pound of potatoes thoroughly, and work them through a wire sieve to get them smooth, add a tablespoonful of hot stock, the same of butter, as much grated nutmeg as will lie on a threepenny-picce, and a saltspoonful of salt : form with the wooden

spoon, streak with a fork, and brown the outside in the oven. For *purée de pommes de terre* in the French style there should be more stock and butter added, bringing the potato to the consistency of thick batter. An onion boiled soft may be passed through the sieve with the potatoes, and a dusting of Parmesan is a decided improvement.

4. *Mashed potatoes.*

Choose a couple of nice aubergines, cut them in halves lengthways, trim off the stalk neatly, and scoop out the inside with a silver spoon ; put this into a stewpan with a gill of broth, cook gently for a quarter of an hour over a moderate fire, pass it through the sieve to get rid of the seeds, and put it into a bowl : butter the now empty cases, or pods ; stir into the inside part that you scooped a good spoonful of cream or good white sauce, and season with white pepper, salt, adding, if at hand, a couple of tablespoonfuls of grated ham, salt beef, or finely minced tongue, and one well-beaten egg. Mix thoroughly, and then refill your cases. Shake over the surface a layer of finely grated Parmesan, Gruyère, or any dry mild cheese that will grate, arrange on a buttered dish that will stand the oven, bake for seven or eight minutes, and serve.

5. *Aubergines au gratin.*

Blanch one bitter almond and two ounces of shelled sweet almonds ; pound them to a paste with a tablespoonful of rose-water ; dilute with a gill and a half of boiling milk, let the liquid stand for an hour, and then strain it, squeezing all the moisture out of the

nutty sediment through muslin. Put into a pint of fresh milk, two ounces of sugar ; pour it into an enamelled saucepan, and boil slowly till the sugar is dissolved ; then stir in an ounce of dissolved gelatine, and pour the liquid through a strainer into a basin. Add the almond milk, and a coffeecupful of cream, pour the mixture into a mould, set it in ice, and turn it out when firmly set. Stewed prunes, figs, or any cold stewed fruit or jam may accompany. Half of these ingredients will give a nice little mould for two.

6. *Blanc-mange with almonds.*

For stewed prunes (*pruneaux à la chasseur*) are to be recommended. Thus prepared they make a nice dish for dessert, and are a very useful addition to the housekeeper's cupboard. Choose a pound jar of the best French plums (prunes), and procure a pint bottle of good cherry brandy, take out the plums, put them into a glazed earthenware or enamelled stewpan with as much light claret as will cover them, a blade of cinnamon, the zest and juice of one lemon, and two ounces of sugar ; stew very slowly till soft, and the wine has been nearly absorbed ; replace them in the jar with such of the liquid as may remain, and pour as much cherry brandy into it as the plums will admit. Cover, and after a few hours examine the jar ; if the liquid no longer covers the prunes, add a little more cherry brandy to make good the absorption. Finally screw on the top, and serve as required. Never let the jar be empty, but refill it as the plums are used with newly stewed ones, adding cherry brandy from time to time.

Prunes in cherry brandy.

Dried figs and dates can be treated exactly in the same way, substituting old cognac for cherry brandy.

A decidedly good toast of this name is to be made with anchovy sauce. Choose a very hot plate indeed—
7. *Anchovy* one with a hot-water tin beneath it if pos-
toast. sible—put a tablespoonful of butter upon
it, and let the butter melt ; add the yolks
only of three raw eggs well beaten, and stir into the
mixture sufficient anchovy sauce to colour it salmon
pink—if you put in enough to obtain a darker shade it
will be too salt. While the cook is doing this, an
assistant should, in this instance, be *toasting* four
pieces of bread neatly shaped beforehand, and each
piece should be brought straight from the fire, turned
over on both sides in the mixture, and served in a very
hot silver dish at once. A toast that has been well
soaked in a sauce like this, and crisped in the oven
afterwards, is far from bad.

MENU IX.

(September or October.)

Bouillon aux œufs pochés.

Brème de mer aux fines-herbes.

Bifteck au purée d'oseille.

Pommes de terre à l'Américaine.

Bécassines rôties.

"Banana pudding."

Croûtes au Parmesan.

THIS is a very simple method of turning ordinary clarified *bouillon* into a nice clear soup. The eggs (one for each person) must, however, be carefully poached, neither too lightly nor too hard, then trimmed neatly, leaving as little margin of white as possible, and served with the soup. A few leaves of fresh or dried tarragon flavour the *bouillon* very pleasantly, and grated Parmesan should be handed round on a separate plate.

Note this :—In order to make sure of not breaking the eggs in the tureen, it is advisable to have the soup-plates heated and to place the poached eggs in them before helping the soup : you can then pour the soup over the eggs, instead of having to ladle them out of the soup, which is always an operation requiring much delicacy of touch, and a broken egg spoils the appearance of the *bouillon*.

Choose a sea-bream weighing about a pound. Remove the flesh from each side of the fish in two fillets.

2. *Sea-bream with herbs.* Chop up the head and bones and with them make a broth as described for haddock in

Menu xv. When the broth is ready lay the two fillets either whole, or cut into neat pieces, in a *sauté*-pan having an upright rim, moisten sufficiently to just cover the fish with the hot broth, adding a sherry-glass of chablis or sauterne. Simmer without boiling till the fish is tender, then take it out with a perforated slice and arrange it neatly in a hot *entrée* dish. Quickly thicken the broth in which it was cooked, stir in a dessert-spoonful of finely minced parsley, chervil, and tarragon with the yolk of a raw egg, pour over the fish and serve.

A really well-stewed steak is a thing by no means to be despised. Before you proceed to cook the steak,

3. *Beef-steak with sorrel purée.* make a pint of broth with scraps and trimmings: if nothing of the kind be available it would be as well indeed to order a little

extra meat for that purpose. When you have got this to your mind, strain it off and keep it handy. Now take a *fricandeau*-pan—*i.e.*, a high-sided *sauté*-pan with cover—put an ounce and a half of butter into it, set this over a low fire, and when melted put in three ounces of minced onion, two each of minced carrot and turnip, an ounce of minced celery, and a sprig of parsley; lay the steak on the vegetables, fry briskly for five minutes, and then moisten with hot broth sufficient to just cover it, allowing only enough fire below the pan to cause it to simmer very gently

till done, which you can test with a needle. It ought to be as tender as possible if you are only careful enough to prevent galloping, that is, fast cooking : the slow simmering process is the thing needful, the vessel well covered. Broth should be added to make good loss by evaporation. When quite tender lift the pan from the fire, take out the steak, which put on a hot dish covered up, strain off the broth, skim it clear of fat, thicken it slightly, and give it a few drops of Parisian essence to colour it nicely.

To prepare the sorrel use either a glazed earthenware or non-tinned copper pan.

Put two pounds of carefully picked sorrel in plenty of boiling water, with a little salt, and a pinch of pepper : blanch for twelve minutes, drain thoroughly, pressing out all moisture, and chop the leaves small on a board. Melt an ounce of butter in a saucepan over a low fire, to which add an ounce of flour, stir till smooth for three minutes, then add the sorrel, a salt-spoonful of sugar, and a gill of good broth, stirring vigorously to prevent the leaves catching at the bottom of the pan :—When the sorrel, gravy, and butter are thoroughly amalgamated and stiffly reduced, stir in the yolks of two eggs beaten up in a tablespoonful of milk ; work this briskly over the fire for five minutes, and it will be ready. The sorrel should, of course, be got ready beforehand, and kept hot in the *bain-marie*.

Dish in this way :—Lay the *purée* of sorrel in a neat shape on a hot silver dish, place the steak upon it, brush over the top of the steak with diluted glaze, and pour the sauce round the outside. It is a good thing

to save the fat and grill it, laying the pieces on the top of the steak.

This way of cooking potatoes will be found nice for a change :—Boil the potatoes till nearly done : slice them in thick slices, and simmer them, *à la*
 4. *Potatoes* *fricassée*, in half a pint of white sauce made
in an Ameri- with milk previously flavoured as for bread
can fashion. sauce with onion, spice, pepper, and salt.
 The yolk of an egg, a large spoonful of curly parsley minced fine, and a pat of butter the size of a shilling should be stirred into the saucepan, off the fire, before serving. A few drops of lemon-juice are an improvement.

Let the snipe be very carefully roasted and served
 5. *Roast* on freshly toasted toast. Butter and
snipe. Nepaul pepper should be handed round.
 No other adjunct is needed.

Choose a pint and a half plain Charlotte mould, butter it well with melted butter, slightly cooled, using a brush for the operation. Deco-
 6. *Banana* rate the top and walls of the mould with
pudding. ratafias—slices of stale Madeira cake would do—fixing them neatly. Next prepare six good ripe bananas in this manner :—peel them, scrape off any fibre that may adhere to them, slice them in halves longitudinally, cross-cut the halves, and divide each quarter thus obtained in two lengthwise. Spread these on a flat dish and *marinate* them, using a

liqueur-glass of rum, kirsch, or maraschino, and the juice of half a lemon, with castor sugar dusted over all. With half a pint of milk that has been boiled, strained, and cooled, make a good custard, using four whole eggs, two ounces of sugar, and almond or ratafia flavouring. When made to satisfaction, strain and cool the custard. During the latter process pack the inside of the lined mould with the slices of banana, laying them crosswise, and leaving little spaces through which the custard may presently find its way. When the latter is cool, pour it into the mould by degrees, letting it settle well, leaving half an inch at the end of the mould unfilled. Put a two-gallon stewpan on the fire, having covered the bottom of it inside with a sheet of folded paper, and poured in water till about an inch deep. Bring this to the boil, then put in the mould, covered with a sheet of paper: at once draw the vessel back to simmer very slowly, covering the stewpan closely, and letting the process continue for about one hour. The pudding may be turned out and served hot, or kept in the mould till cold, and then used. Those who desire a slightly richer *entremets* can, of course, improve the custard with a gill of cream.

For the sauce, which will be found nice whether hot or cold, make a gill of plain white sugar and water syrup, stir into it one tablespoonful of apricot jam, and a dessert-spoonful of rum, with the juice of half a lemon, strain after heating the whole, but without boiling, and serve. If kirsch or maraschino be used for the *marinade*, that chosen should be employed in the sauce.

For this simple savoury prepare four nice pieces of fried bread three inches long, two across, and a quarter thick. Keep these hot just in the mouth of the oven while you rapidly prepare this mixture :—Put a quarter of an ounce of butter in a small stewpan, melt this over a low fire, then add a quarter of an ounce of flour, mix well for three minutes, then moisten with a gill of milk, stirring in a dessert-spoonful of made mustard, four good dessert-spoonfuls of grated Parmesan, and the same of beer. Boil up and thicken, seasoning with salt and Nepaul pepper ; when stiff enough to coat the spoon pretty thickly turn it out over the hot toasts, smoothing the surfaces with a palette-knife, and dusting finely grated Parmesan over all. Serve very hot.

7. *Parmesan*
toasts.

MENU X.

(October or November.)

Potage d'abatis lié.

Filets de hareng sauce piquante.

Ragoût de mouton à la Bretonne.

Coq de bruyère.

Gâteau aux figues.

Caviar frais.

PROCURE a shilling's-worth of giblets—these may be of duck or goose if liked, but poultry giblets make an excellent soup of this kind without the strong flavour that is produced by the ^{1. Thick} *giblet soup*. former. Pick, scald, and drain the giblets, reserving the livers for a toast ; chop them up into half-inch pieces, add three ounces of lean uncooked bacon cut up small, and having melted an ounce of butter in a stewpan, turn them into it and fry them till slightly browned, moisten then with a gill of broth—common stock will do—and a glass of marsala, cooking the giblets in this till it falls to a glaze · next add three pints of stock with a muslin bag containing a dessert-spoonful of dried sweet herbs, bring slowly to the boil, skimming carefully, and then put in six ounces each of turnips, onions, carrots, and leeks ; simmer now for three and a half hours, then strain. Cool the broth and remove the fat. Take a pint and a half of the former for the soup, thicken this with three-quarters of an ounce of butter and the same of flour, bring to

the boil, skim, and pass all through the hair sieve. Warm up, add a teaspoonful of lemon-juice, and serve.

Prepare the fillets and cook them exactly as those of mackerel, described in Menu xix., serving them with this sauce :—In half an ounce of butter over a low fire fry an ounce of minced shallot or onion, and a two-ounce tomato, mix in after five minutes' cooking half an ounce of flour, and when this has been well worked moisten with one gill of water and one of chablis or sauterne, bring to the boil, simmer for ten minutes, and pass all through the hair sieve. Return the sauce to the stewpan for heating up, season with salt and pepper, and finish with a gherkin minced very small. Good French vinegar may be used instead of the wine, altering the proportions to a gill and a half of water to half a gill of vinegar.

Trim a dish of neck cutlets, neatly cutting the bone of each rather short. With the trimmings and scrag end make a good mutton broth, assisting it with a good allowance of onions, any broth vegetables that can be spared, and an ounce of celery. Cook the cutlets in the manner described for *ragoût de mouton aux navets*, Menu xxv. During the simmering prepare a garnish *à la Bretonne* in this manner :—Peel, cut into eight equal pieces, blanch in boiling water, cool, and drain, an eight-ounce Spanish onion ; put the pieces into a stewpan with an ounce of butter, a saltspoonful of salt, and the same of castor sugar ; fry until turning colour

2. *Herring
fillets with
sharp sauce.*

3. *Mutton
stewed à la
Bretonne.*

over a low fire, then moisten with a gill of mutton broth, and add an ounce of good glaze. Simmer now till quite cooked, and pass the whole through a hair sieve. Save the *purée* thus obtained. Also take a pint measure of dried white haricot beans, put them into a stewpan with a quart of cold water and a teaspoonful of salt ; set on the fire, bring to the boil, and simmer gently on the side of the fire till tender ; then drain, put them back into the stewpan and moisten with the onion *purée*. Add this mixture to the meat and broth at the same period during the cooking as that when the turnips were added in the case of the *ragoût* above mentioned, heat all together gently and dish, putting the meat in the centre of the *entrée* dish and smothering it with the beans and the moistening left in the stewpan.

Roast the blackcock or greyhen, as the case may be, in the manner recommended for grouse in Menu xx., and serve it in the same way.

Potato chips may accompany, and this ^{4. Roast blackcock.} salad :—Blanch and peel off the skins of a pound of tomatoes ; slice them up in a salad-bowl, sprinkling over them a dessert-spoonful of finely minced chives or red shallot and a teaspoonful of minced tarragon. Give them a dust of salt, and grind some black pepper over them freshly. Lubricate the mass with the best salad oil, and sharpen it with a dessert-spoonful of tarragon vinegar. Unlike green salads, this can be made some little time before dinner, during which period of rest it should be kept as cold as possible either in the ice-closet, or with some lumps

of ice outside the bowl. A good stir-up before serving is necessary. On each salad-plate put a neatly trimmed square slice of bread ; the salad should be helped over this ; absorbing as it does some of the juice of the salad, the piece of bread acquires a remarkably pleasant *goût*, which is far from bad to finish with.

In this way a stale Madeira cake may be made use of advantageously :—Cut the cake into neat slices, trimming them as much as possible alike
 5. *Cake with stewed figs.* in measurement. Make a glazing syrup as follows :—Put two tablespoonfuls of apricot jam into a stewpan with a sherry-glass of rum, and one of water, boil up and reduce till about the consistency of treacle ; build up the cake in layers of slices in the centre of a glass compote dish, liberally spreading glaze over each layer, and pouring the remainder of it over the top of the layers, arrange round this overlapping one another a pound or so of stewed dried figs, for the preparation of which please follow the process given for stewed prunes, Menu viii., substituting old cognac for cherry brandy, or rum if not objected to.

No nicer savoury can be presented than fresh caviare, in its jar, with plain biscuits or thin dry toast, slices of lemon, and Nepaul pepper accompanying.
 6. *Fresh caviare.* Fine chilli vinegar may be preferred by some. This delicacy can be got at its best at the Russian Emporium in Queen's Road, Bayswater.

MENU XI.

(*November or December.*)

Potage "pepperpot."

Poisson St. Pierre aux huîtres.

Crêpes de volaille.

Canard sauvage sauce à la minute.

Compotes de pruneaux.

Croûtes à la Wyvern.

TAKE a pound of veal stock meat, one pound of well-broken veal bones, and sixpennyworth of giblets. Cut up the meat into two-inch squares, scald and cut up the giblets. Butter a gallon ^{1. *Pepperpot*} _{soup.} stewpan with an ounce of butter; slice finely two ounces of onions and lay them on the butter with three ounces of raw lean of bacon minced, and the meat and giblets over them; fry, and proceed as explained for thick giblet soup in Menu x., moistening with water instead of broth, and adding the bones, after browning them in the oven, with the vegetables when boiling point has been reached. When the broth has been strained, set to get cold, and skimmed, the next step is to put a crab—one about six inches across will be large enough—to boil in the stock. The crab must be uncooked, and the fishmonger should be asked to kill it, and remove the lungs, &c., before sending it in. Break up all the legs, but leave the body and claws intact. Cover with the stock, and put in a bouquet composed of a sprig of basil, one

of marjoram, and one of thyme, bring to the boil, and simmer for half an hour. Strain off the soup, clarify it, and garnish it with some of the best meat of the crab-claws torn with a fork into shreds. With this soup a tablespoonful of marsala should be added, as in the case of clear turtle, and lemons cut into quarters should be handed round.

Choose a dory of about a pound and a half in weight. Fillet it. Put the head, bones, and trimmings, with three ounces of onion, a bunch of parsley, saltspoonful of mignonette pepper, and a teaspoonful of spiced salt, into a stew-pan ; cover with water or milk and water, boil and simmer for half an hour, straining into a clean saucepan. Arrange the fillets in a shallow pan—a *sauté*-pan with an upright rim will do. Cover them with the broth, boiling hot, and then simmer for twelve or fourteen minutes. Take out the fillets, put them upon a hot dish, and cover them up. Save the broth.

2. *John
Dory with
oysters.*

Now take a dozen sauce oysters, put them with their beards intact into a saucepan, strain their own liquid over them through muslin, for it often contains some atoms of shell, and if insufficient to cover them add as much broth as will suffice for that purpose, cold : put over a low fire, and heat up gradually : the moment signs of boiling show themselves, stop ; strain off the liquid from the oysters, add it to the rest of the fish broth, and thicken it. Trim the beards off the oysters, divide each one in halves, and finish in this way : Arrange the fillets on a dish that

will stand the oven, which should be buttered and sprinkled with chopped parsley ; over the surface of the fillets put the cut-up oysters, mask the whole with the sauce, and set it in the oven for three or four minutes, just to heat thoroughly ; serve in the same dish placed upon a napkin and garnished with parsley. Seasoning and lemon-juice should be added at discretion.

Take the remains of a cold roast fowl, and pick off all the remaining meat you can ; remove the skin from these pieces and put them aside. Break up the carcase, and throw it, ^{3. *Chicken in pancake.*} with all fragments of skin and bone, and the giblets of the fowl if previously saved, into a stew-pan, with as much stock as will cover the whole : bring the broth to the boil, and add four ounces each of onion and turnip, one of celery, sweet herbs, pepper, and salt, and simmer the contents of your pan as long as you can, finally adding half an ounce of meat glaze and a sherry-glass of chablis. Now strain it, remove all fat that may rise, and thicken it with butter and flour, reduce the sauce a little, take it off the fire, and stir in the yolk of a raw egg beaten up with the squeeze of half a lemon. Let the sauce get cold. Now make the nicest mince you can of the cold fowl, diluting it with the cold sauce, and adding two tablespoonfuls of minced cooked ham or tongue and the same of cooked mushrooms.

Next make two good-sized pancakes not too thickly. Lay them out flat upon a board, or joint dish. Cover the surfaces of each with very thinly sliced cooked

bacon, arrange the mince upon this layer, leaving a margin so that the pancake may envelop it nicely. Fold the pancakes over, lay them with a slice on a buttered tin or baking-dish, brush their surfaces over with a beaten egg, dredge over with finely sifted raspings or pounded crust-crumbs, dot over with little bits of butter, and set in the oven to heat up and brown. Lift them with a slice when done, arrange them on a hot silver dish, and serve as hot as possible. Any sauce that may have remained over should be sent up in a boat.

It need scarcely be said that a wild duck should not be over-roasted, or that it should be done in front of the fire. A quarter of an hour is all that it needs in the cooking. At the home dinner no sauce is better than the following :—

4. *Roast
wild duck.*

Score the breast of the bird in the direction you intend to slice it, and let the gravy run out bountifully; to that add a couple of tablespoonfuls of burgundy, or sound claret (the first if possible), give that a dessert-spoonful of lemon-juice and six drops of "*tabasco*," or a teaspoonful of ehilli vinegar; stir the gravy round with a spoon, and baste the breast of the duck liberally with it, then go on with your carving. If you have a little sauce-boat on a spirit-lamp by your side (a beautiful modern invention) the gravy can be heated therein, on the spot, admirably. Some like port and some orange-juice—the choice is obviously a matter of taste.

*Sauce à la
minute.*

Put a pound of good prunes into a preserving-pan

or a white enamelled stewpan, with two ounces of sugar, the finely peeled rind of a lemon, a stick of cinnamon, and enough light claret to cover the fruit well ; stew very gently, so that the prunes may swell and absorb some of the liquid ; when quite tender put them into a glass dish, squeeze the juice of a lemon over them, add the syrup in which they were stewed, and a claret-glassful of cherry brandy. Let them get quite cold—if necessary over some crushed ice ; and hand round with plain cream in a cold sauce-boat or silver jug.

5. *Compote
of prunes.*

Procure for this savoury four chicken's livers, and use the stalks and peelings of the quarter of a pound of mushrooms used in No. 3. Put into a small *sauté*-pan half an ounce of butter and a dessert-spoonful of finely minced onion, fry gently and add the mushroom trimmings after having washed, dried, and minced them. Continue frying for five minutes, and then lay the livers over the mince, diluting with half a gill of broth and adding an ounce of meat glaze ; simmer now till the livers are quite soft, seasoning with salt, pepper, and powdered sweet herbs, and adding a teaspoonful of *mar-sala*. All being cooked, empty the contents of the pan into a mortar, and pound them to a paste, passing it through the hair sieve. Have ready eight well-fried *croûtes* of white bread as hot as possible, spread the paste also as hot as possible over the *croûtes*, dust over with grated Parmesan and Nepaul pepper, and serve on a very hot napkin.

6. *Wyvern's
savoury.*

MENU XII.

(December or January.)

Purée de chicorée.

Eperlans sur croûtes.

Faisan à la casserole.

Spaghetti fourré à la Borghèse.

"Fig pudding."

Camembert à l'Anglaise.

MAKE a broth as explained in Menu i. Remove the green leaves from two heads of endive of a good size, wash the others well, cut each in four, and plunge the pieces into fast-boiling salted water ; boil for twenty or twenty-five minutes, drain, "refresh" them with a *douche* of cold water, and, after pressing all moisture from them, chop them up as small as possible. Melt half an ounce of butter in a stewpan, put in the chopped endives, dust over with salt and a pinch of powdered mace, and stir without stopping over a moderate fire until the vegetable has absorbed the butter ; next moisten with half a gill of good white sauce or milk, stir till well mixed, and then pass through the sieve. To the *purée* thus obtained add the yolk of a raw egg and a quarter of an ounce of butter, keeping it warm in the *bain-marie*. Having cleared the stock of all fat, proceed to thicken it slightly, using half an ounce of butter and half an ounce of flour ; add by degrees the endive *purée*, warming the whole without actually boiling,

when the soup can be served. *Croûtons* of fried bread should accompany.

Large smelts must be selected for this dish. Lay them (one for each guest) on a cold slab, and, handling them very carefully, cut off their heads and tails, open them as you would a ^{2. Smelts on toast.} mackerel for grilling, and take out their back-bones and the roes entire, saving the latter ; brush a thin coating of well-beaten egg over the opened fish, and sprinkle over that a slight seasoning of salt and pepper, with about a teaspoonful for each smelt of finely minced parsley and mushroom. Now fold the fish in their previous shape before opening them, enveloping the seasoning. With the roes proceed as follows :—Put half an ounce of butter in a small *sauté*-pan, melt it over a low fire, put in the roes, fry them gently for a couple of minutes, season them with pepper and salt, and turn the contents of the pan upon a plate, to be used later on. To prepare the smelts only a short time is required. Have ready a lightly fried *croûte* for each of them, then butter a baking-dish, lay the fish in it with a few spoonfuls of broth made from their trimmings ; put it into the oven for seven or eight minutes, then take it out, spread butter on the *croûtes*, arrange the roes on them, put a smelt over each of them, return the dish to the oven for three minutes, pour a tablespoonful of *maitre d'hôtel* sauce over each of them, and serve as hot as possible.

A pheasant may be cooked "*à la casserole*" as

effectively as a fowl. Truss the bird as for roasting, but shorten the legs at the joint so that it may go easily into the *casseroles*, which should be of
 3. *Pheasant* earthenware, as sold at 119, New Bond
in the Street. After trussing, prepare this season-
casseroles. ing:—Three teaspoonfuls of salt, one of powdered herbs (thyme, marjoram, and rosemary), and one of newly ground black pepper; bruise with this mixture a piece of garlic the size of a pea, and then rub the seasoning into the cavity of the pheasant. Next put an ounce and a half of fresh butter into the *casseroles*, melt this over the fire, and brown the bird slightly in it, then cover the vessel and set it in the oven, continually basting the bird with spoonfuls of strong broth, half a pint of which should be specially prepared, and covering carefully after each basting. When done—it will take about three-quarters of an hour—the breast will be found beautifully brown. It is usual to show the bird at table in the *casseroles* before taking it out for carving. Bread sauce may accompany, fried potatoes, and an orange salad made as follows:—Peel and divide two or three oranges into as many natural quarterings as they will yield; next, using a sharply-pointed knife, make an incision in each piece of orange and squeeze out the pips, lay the pieces in a salad-bowl, pour over them just sufficient salad oil to lubricate them, dust over with newly-ground black pepper and salt, sprinkle with finely-minced tarragon and shallot, and finish with a teaspoonful of the finest French or Italian red-wine vinegar, or a tablespoonful of light claret which may often be used instead of vinegar in salads. Serve as cold as possible.

SPAGHETTI WITH LIVER AND MUSHROOMS. 59

Buy threepennyworth of chicken's livers. Put into a stewpan an ounce of butter, melt this over a low fire, and then add, all minced quite small, two ounces each of onion, carrot, and turnip, half an ounce of celery, a sprig of parsley, a dust of powdered rosemary, with a seasoning of salt and pepper. Continue to fry for five minutes, then lay over the vegetables an ounce of meat glaze and the trimmings, washed and chopped small, of a quarter of a pound of mushrooms ; when the glaze has melted, put the livers into the pan and, keeping the fire quite low, cook gently till they are done. Now pick out the livers and pass the vegetables and broth into a bowl through the wire sieve. Fry the mushrooms, the peelings of which were used in the cooking of the livers, and cut them into eighth-of-an-inch squares ; similarly cut up the livers ; blend the two minces, and put the mixture into the same bowl with the *purée*. This may be put away till wanted. To complete the dish, boil four ounces of spaghetti, return it to the vessel in which it was boiled, stirring in an ounce and a half of fresh butter and two tablespoonfuls of grated Parmesan. With this cover the bottom and sides of a fireproof china baking-dish, leaving a hollow in the centre, into which put the liver and mushroom preparation ; cover with the remaining spaghetti, over which sprinkle a layer of grated Parmesan and half an ounce of melted butter. Put the dish into the oven to heat up thoroughly brown the surface and serve as hot as possible.

Take a quarter of a pound of finely grated bread-crumbs, half a pound of minced dried figs, three ounces of sugar, six ounces of chopped suet, and a little grated nutmeg; mix all in a bowl with three well-beaten eggs, add the zest and juice of a lemon and liqueur-glass of rum, brandy, or liqueur, turn the mixture into a buttered mould, wrap this in a cloth, and boil for three hours.

5. *Fig
pudding.*

LEMON SAUCE.—Put three tablespoonfuls of sugar into a saucepan with a breakfast-cupful of water, and the very finely peeled rind of a lemon, simmer for twenty minutes, then add the juice of two lemons, and a liqueur-glass of the liqueur, brandy, or rum, strain and serve. A drop or two of cochineal will improve the colour of the sauce.

Choose a firm, fresh cheese—Gruyère after its first moisture has passed off, for instance—cut off the rind, and trim a couple of dozen slices oblong in shape, three inches long, one and a half across, and an eighth of an inch thick. Prepare a good plateful of finely sifted crumbs, mixing with them a saltspoonful of Nepaul pepper. See that the pieces of cheese are dry, dip them in well-beaten egg, roll them in the crumbs, let the coating dry, then plunge them in boiling fat till nicely coloured, drain, dry, and serve piled up upon a napkin.

6. *Cheese
fritters.*

MENU XIII.

(January or February.)

Potage à la ménagère (i.).

Sole à la Colbert.

Carré de mouton aux salsifis.

Omelette au rhum.

Croquettes à la Milanaise.

WITH two pounds of gravy beef and a shilling's-worth of chicken's giblets make three and a half pints of broth, following the same method as that given in Menu x. This will give clear soup (i.) for four one day, and the thick soup (ii.), Menu xvi., for the same party on the next. Clarify a pint and a half of the broth for this soup and serve it when wanted, hot, garnished with finely shred cooked Brussels sprouts.

1. *House-wife's soup—clear.*

Leave the remaining stock to simmer for another couple of hours, adding a pint of warm water and the meat used for clarifying the clear soup. Then strain off into a bowl for use the next day.

Skin and make an incision along the backbone on the under or dark side of the sole, from and up to within an inch of the head and tail; slip a knife under the flesh on each side of the cut, and loosen it from the bones; snip the backbone with a pair of nippers in three or four places to facilitate its removal afterwards; then egg and bread-crumbs the fish with finely sifted crumbs,

2. *Fried sole à la Colbert.*

and fry it in plenty of fat, with the side bearing the incision uppermost. The edges of this will curl outwards in the process of frying, and the opening thus made should be filled at the time of serving with an ounce of *maitre d'hôtel* butter, the sole being sprinkled with fine salt. While the fish is being drained, after the frying, the backbone should be removed carefully, and the butter, ready melted, poured into the cavity.

Choose a nice piece of the best end of neck of mutton ; have the chine-bone sawn off, and shorten the longer bones to give the little joint a neat, square appearance. Any excess of fat should be removed by passing the knife under the skin, which should be secured by skewers afterwards ; but it is better to select a piece that does not require that operation. Wrap the neck in buttered paper and proceed to roast it ; baste frequently, remove the paper during the last few minutes for the process of browning, and serve on a very hot flat dish divided into cutlets, which, brushed over with melted glaze, should be arranged so as to overlap one another with plenty of good brown gravy, separately prepared, in a boat and this garnish :—

Select the nicest roots of a bundle of salsify. The only kind to be got ordinarily, by the way, is the white variety ; this is a pity, for the black (*scorsonère*) is the finer vegetable of the two. Wash them well, scrape off the skin, and throw them one by one into a bowl of cold water, with a spoonful of vinegar ; when all are done, drain, and dry them with a cloth. Have

ready on the fire a two-quart stewpan, with plenty of boiling water, put in the salsify, and with it a table-spoonful of flour and half an ounce of salt ; as soon as the roots are tender take the vessel from the fire, drain the salsify, cut the roots into inch lengths, put them into a saucepan, moisten with *sauce Milanaise*, and keep the garnish thus prepared in the *bain-marie* till required. Any nice white sauce flavoured well with grated Parmesan or Gruyère, and enriched with the yolk of an egg, may be used for the moistening. Salsify thus cooked may be served as an *entremets de légumes*.

Break three eggs carefully, separate the yolks from the whites, and put them into two bowls : have ready a clean and roomy *omelette*-pan, and melt an ounce of butter in it. Whisk the whites ^{4. *Omelette with rum.*} separately to a stiff froth ; to this add the yolks well mixed with a dessert-spoonful of rum and sweetened with an ounce of sugar ; give all a good stir together and pour the mixture into your pan, which should be set over a moderate fire. Let the bottom of the *omelette* set without moving the mixture. This, if the fire be not too hot, will take about four minutes ; then pass a palette knife under it, double it across, and turn it quickly, with its centre but very slightly formed, into the hot dish prepared for it. As soon as it is in the dish, pour two tablespoonfuls of good rum round it, and with another in a spoon set alight to the liquid as in the case of a Christmas plum-pudding. Dust a canopy of castor sugar over the *omelette*, and serve. The sugar may be turned to caramel, if liked, by a glazing-iron,

but that should be done before the rum is added. In this case the consistency is more like that of an *omelette soufflée*, and if carefully treated, produces a very light *omelette* indeed.

If, while setting below, a hot glazing-iron be passed over the surface, the operation is expedited, and the *omelette* rendered a little firmer. A ten-inch fire-proof china *omelette*-pan is the best for this kind of *omelette*.

These can be made with spaghetti, vermicelli, or macaroni. Take two ounces of whichever may be liked, and boil it till just tender ; dash in
5. *Milanese croquettes.* cold water to stop the boiling, drain, chop small and return the spaghetti to the hot pan ; moisten at once with half a gill of good white sauce and half that of tomato *purée* (both hot), stirring in with it two tablespoonfuls of grated Parmesan cheese. Work it over the fire till quite stiff, then turn the mixture out upon a dish, patting it into the shape of a disc about an inch thick, and put it aside to get cold and firm. When wanted, divide the mixture into equal parts, and with two spoons shape them neatly in small ovals, rounds, or cork-shapes ; brush them over with egg, roll them in finely sifted crumbs, with which grated Parmesan has been mixed, and fry the *croquettes* thus made in very hot fat. When of a rich golden tint, drain them, dry them on a drainer, and serve upon a hot napkin dusted over with grated Parmesan.

MENU XIV.

(February or March.)

Purée de rognons.

Merlans sur le plat.

Entrecote à la jardinière.

Pommes de terre à la duchesse.

Beignets de salsifis.

"Sir Watkin's pudding."

"Stewed cheese toast."

A PINT and a quarter of good domestic stock will be enough for this soup with two sheep's kidneys. Treat the latter as follows :—Wash them, dry them, slit them in halves, skin them, and ^{1. *Kidney*} _{*purée.*} plunge them immediately into *boiling* water well salted ; let them remain in this bath over the fire for one minute only, take them out, and dry them in a napkin. This is an infallible recipe for the removal of that peculiar taste which many people dislike in kidneys ; it should be followed always, no matter how you intend to cook them. Well, having thus blanched the kidneys, proceed to simmer them gently in half a pint of stock, with a bag containing a dessert-spoonful of dried thyme, marjoram, and bay-leaf, mixed with a saltspoonful of spice, &c., till they are very tender. Take them out, mince and pound them in the mortar, with one well-washed fillet of *anchovy* : when sufficiently pounded, pass the paste through a wire sieve to get rid of fibre, gristle, &c., then pound again, and

pass all through a hair sieve. When ready, place the stock in a bowl handy, straining into it the broth in which the kidneys were stewed, and keep the kidney paste ready in a soup plate. Take a quart stewpan, melt half an ounce of butter at the bottom of it over the fire, stir in half an ounce of flour ; when nice and creamy, add a cupful of the stock, stirring vigorously, and continue to add stock and kidney paste by degrees, working them well together, till you have used them up ; now let the *purée* come to the boil, skim, and add a tablespoonful of claret, a teaspoonful of red currant jelly, half a teaspoonful of French vinegar, and sufficient Parisian essence to give the soup a warm brown tint, stir well for a minute over the fire, and serve with *croûtons* of fried bread.

This is a good soup for the cold months immediately following the end of the shooting season, for it partakes very distinctly of the nature of a game *purée*. It is of course too heavy for late spring or summer.

Plainly fried fish should be chosen after a soup of this class, or a simple *gratin*. Let us take the latter.

Order a pair of whittings : see that the fish-monger leaves them alone, or he will skin and curl them round for frying, and so spoil them. All they require is cleaning.

Wipe them dry, and make a few cuts a quarter of an inch deep transversely across one of their sides at intervals of one and a half inch. This process is called "scoring" them. Butter a *gratin*-dish or oval china baking-dish ; sprinkle the surface with finely chopped parsley ; lay the whittings on this with the scored sides upper-

2. *Whittings
baked in a
dish.*

most ; brush a coating of melted butter over them, and sprinkle over it a layer of finely grated Parmesan. Let this rest while you flavour a gill of milk by boiling it up with a teaspoonful of chopped shallot, a pinch of salt, one of pepper, and one of macc. Use this for moistening and basting the whiting, put the dish in the Dutch oven, pour a tablespoonful of melted butter over the fish, and set the oven in front of the fire. Reverse the dish after five minutes, baste freely, and finish in ten or twelve altogether. Then serve in the dish as they are, laying it on a hot napkin. No sauce is needed other than the juice in the dish, but a lemon cut in quarters and brown bread and butter should be at hand.

The *entrecote*, or between-the-bone steak, cut from a piece of the ribs of beef, makes a capital *pièce de résistance* for a little home dinner. Cut such a steak from an inch to an inch and a 3. *Rib-steak with vegetables.* quarter thick, remove gristle, trim it neatly, and sprinkle both sides with pepper and salt. Brush melted butter over it, lay it on a well-buttered gridiron, and broil over a clear but not too fierce a fire for twelve minutes. Dish it on a hot dish with a garnish of different vegetables, each in a little heap at intervals, round it, choosing :—Brussels sprouts, carrots, turnips, flageolets, and Jerusalem artichokes. The root vegetables should be neatly cut with a cutter into cones, balls, or filbert shapes. Two fillets of anchovy, carefully freed from oil, may be laid on the surface of the steak, or a dessert-spoonful of *maître d'hôtel* butter, and Sauce Robert might accompany.

With the above, try your potatoes in this way :—
 Mash them up, after passing them through a sieve,
 with an ounce of butter, and the yolks of
 4. *Potato* two eggs, add pepper, salt, a pinch grated
duchesses. *nutmeg*, and a teaspoonful of parsley, or
 celery-leaves chopped fine (a few marjoram-leaves are
 an improvement) and a dessert-spoonful of grated
 Parmesan, adding sufficient milk or broth to bring
 the mixture to the consistency of a pliant dough.
 Turn this out upon a board and form it into balls the
 size of a hen's egg, flatten them, flour them, brush
 them over with a beaten egg, dust some finely sifted
 crumbs over them, set them on a buttered tin, and
 bake for a few minutes, turning them till they turn a
 golden yellow colour.

Duchesses can be made well enough from cold,
 cooked, mealy potatoes, and if flavoured slightly in
 the manner described, will be found very nice for
 a change. These should be sent round with the beef.

Twelve good roots will be enough for the little
 dinner. The batter should be prepared as follows :—

5. *Salsify* One ounce and three-quarters of flour,
fritters. one yolk, one tablespoonful of salad
 oil, a pinch of salt, and enough *lukewarm*
 water to bring to the proper consistency, half the
 white whipped stiffly should be used to finish with.
 Cut the salsify into two-inch lengths, after boiling the
 roots whole, and letting them get cold. Slice each
 length in halves lengthwise, dip these in the batter,
 and fry in very hot fat till golden in colour ; then
 drain, dry, and serve piled on a hot napkin ; butter

melted, with a squeeze of lemon-juice, makes the best sauce.

Mix together in a bowl two ounces of chopped candied peel, two and a half ounces of suet finely minced, four ounces fine white crumbs, one tablespoonful of flour, two ounces of sugar, 6. *Sir Watkin's pudding.* two ounces of apricot jam, a liqueur-glass of rum or brandy, one dessert-spoonful of lemon-juice, and two whole fresh eggs. When thoroughly mixed, put the ingredients into a buttered mould, and boil for three hours.

APRICOT SAUCE should accompany the pudding, made as follows :—Put two tablespoonfuls of apricot jam into a saucepan with a teacupful of water and a glass of the rum or brandy used in the pudding ; boil together, stirring well, then strain, and serve.

Melt a quarter of an ounce of butter in a small saucepan, stir in a quarter of an ounce of flour, mix well and moisten with a gill of milk, blend, and add enough grated Parmesan to bring 7. *Stewed cheese toast.* the mixture to the consistency of jam, season with salt, pepper, mace, and Nepaul pepper. Have ready four well-fried toasts, which have been kept hot in the mouth of the oven, pour the mixture over them, and serve as hot as possible. Some like a moistening of beer or porter instead of milk.

MENU XV.

(*March or April.*)

Potage aux boules de neige.

Merluche à la Wyvern.

Poitrine d'agneau à la tartare.

Pommes de terre à la Parisienne.

Soupirs de nonne.

Tartelettes au Gruyère.

HAVING made a pint and a half of good clear stock in the manner given for *pot-au-feu*, the only thing that remains to be done is the garnish. For this one root of celeriac (*celeriac*) and a seven or eight-ounce turnip will be required, out of which, raw, as many nice round balls should be cut as possible with the smallest round vegetable scoop, trimmings being used in the stock-making. There should be about the same number of balls of each vegetable, and they should be cooked in this manner:—Simmer them, to begin with, in melted butter, drain, and cook them gently in broth till tender, being careful not to overdo them. As the turnips will be ready sooner than the celeriac, it is advisable to begin with them first; drain, set them aside, and then put in and finish the celeriac. Add the garnish at the last moment and serve the soup.

For this dish choose a good-sized fresh haddock.

Carefully remove the flesh from each side of the backbone, thus obtaining two long fillets. Put these aside. Break up the bones, tail, and head, and with them make a broth in the manner explained in Menu i. When ready strain this off, and skim it. To dress the fish:—Choose a *sauté*-pan with an upright rim ; put the broth therein with a claret-glass of chablis, graves, or sauterne, and bring it to the boil ; at this point put in the two pieces of fish, let the liquid return to the boil after their immersion, then reduce the heat to simmering. In about eight minutes they will be done. Take them out with a slice, and lay them upon a hot dish as neatly as possible, covering them up. Immediately proceed to thicken the broth, in which the fish was cooked, in a saucepan containing a *roux* prepared beforehand ; as this is working, add by small pieces at a time half a gill of freshly made shrimp *purée*, and when thoroughly amalgamated and skimmed pour it over the pieces of fish through a pointed strainer, masking them nicely. The dish may be garnished all round the edge with neatly turned potatoes or fillets of stewed cucumber.

Procure the whole of a breast of lamb. Choose a *fricandeau*-pan, put into it an ounce and a half of butter, set this over a moderate fire, and when melted throw in, all finely minced, three ounces each of onion, carrot, and turnip, one of celery, a sprig of mint, a bouquet garni and seasoning ; fry till turning colour, and then lay the breast over the vegetables, moisten-

2. *Haddock,
Wyvern's
way.*

3. *Breast of
lamb à la
tartare.*

ing with warm broth just in sufficient quantity to cover the meat ; bring almost to the boil, and then simmer as slowly as possible till the meat is tender. When sufficiently done to enable you to remove the bones, draw the pan from the fire, take out the breast, and pick out the bones ; then place it flat on a dish with a heavy weight upon it ; strain the broth and vegetables in which the meat was cooked, putting the vegetables aside, and setting the broth to cool. These operations should be performed early in the day. When the breast has become thoroughly cold, remove the weight, and divide the meat into two pieces, trimming them neatly in oval shape. Brush them over with egg, and bread-crumb them with some very finely sifted stale bread-crumbs crisped in the oven. Let them stand for an hour, and repeat the process, re-crumbing them again. Now fry them in boiling fat a nice golden yellow, take them out, drain them dry, and arrange them upon a flat silver dish on a *purée* of the vegetables with which the meat was braised.

Practically speaking, sauce *tartare* is sauce *mayonnaise* with a garnish of herbs and a *souffon* of French mustard. Great care should be taken in summer-time with regard to the temperature, and the quality of the oil, eggs, and vinegar. Work in a cool place, and have the bowl laid over crushed ice. Put into it two raw yolks, a teaspoonful of French mustard, and a small saltspoonful of salt, mix well together, and then begin to add—*by drops only*—a little of the oil ; the eggs and oil having been blended, continue to add oil in quite small quantities till you have used a gill, and the

*Sauce
tartare.*

mixture is smooth, thick, and creamy. Now stir into it a dessert-spoonful of tarragon vinegar, adding a tablespoonful of mixed green herbs, finely chopped—parsley, chervil, chives, tarragon, and garden-cress may thus be used.

Choose small new potatoes the size of a golf-ball. Partly boil them till nearly done, then drain and cool. Make separately half a pint of white sauce as follows :—Put half an ounce of butter into a stewpan, melt it, stir in four ounces of minced onion, fry lightly over a low fire for five minutes, then mix with it half an ounce of flour ; cook gently till well mixed, and then moisten with a gill of white broth and a gill of milk, bring to the boil, season with salt and white pepper, simmer for twenty minutes, and pass through a hair sieve ; put the sauce into a stewpan, and add to it a dessert-spoonful of finely minced parsley, put the potatoes into it, simmer them very gently till quite tender, then take the pan from the fire, add a dessert-spoonful of cream, and empty the potatoes and their sauce into a hot silver dish.

For these take a quart stewpan, put into it a gill of water, two ounces of butter, and a quarter of an ounce of sugar. Boil, then take off the fire and stir into it four ounces of well-dried and sifted flour, mix well, put the vessel on the fire again, and stir for four minutes with a wooden spoon. Take it off and add, one by one, two eggs, well mixing the first before the second is added—mix

*4. Potatoes in
the Parisian
way.*

*5. Nun's
sighs fritters.*

thoroughly. The paste should now be of such a consistency as to retain its shape when dropped from a spoon without spreading. Shape it into balls the size of a pigeon's egg, butter as many strips of paper as there are balls and put one on each strip. Prepare a good deep bath of frying fat, heat it till it only produces a slight fizzing when tested with a crumb of bread, then dip each strip of paper into the fat till the ball it contains is detached; fry gently till of a golden colour and nicely puffed out, then drain, dry thoroughly, dust over with castor sugar, and serve on a hot napkin, quarters of lemon accompanying. By omitting the sugar and substituting salt, you have a nice savoury fritter with which fresh butter, pepper, and salt should be served.

Make the paste described for *tartelettes à la Norvégienne*, Menu xvi., and line your tartelette moulds in the same way, preparing six of them.

6. *Gruyère*
tartlets.

Keep them hot, but do not burn them while you prepare this mixture :—Put a quarter of an ounce of butter into a saucepan, stir in a quarter of an ounce of flour, mix five minutes, and moisten with a gill of beer, stirring in two tablespoonfuls of Gruyère shavings—the thinnest possible. Stir now over the fire till melted, adding, while doing so, a teaspoonful of made mustard, and seasoning, with a pinch of mace. When all seems smooth take the pan from the fire, stir in the yolk of one raw egg, and fill the cases, dusting grated Gruyère over their surfaces, and serving as hot as possible on a heated napkin.

MENU XVI.

(April or May.)

Potage à la ménagère (ii.)

Truite saumonée à la Chivry.

Quasi de veau, sauce Soubise tomatee

Charlotte aux bananes.

Tartelettes à la Norvégienne.

THE soup is a continuation of that given in Menu xiii., the spare stock of which was poured off into a bowl after a further simmering of two hours. Commence by cutting up ^{1. House-wife's} *purée* into a mince four ounces of onion, two of leeks, two of turnip, one of celery, and a sprig of parsley. Melt an ounce of butter in a stewpan, put in the mince, and fry the vegetables till they are beginning to colour; then moisten with two gills of the stock (warmed), bring to the boil, and simmer till the vegetables are soft, then pass all through the hair sieve. Take a fresh stewpan, melt half an ounce of butter in it, stir in half an ounce of flour, mix for three minutes, then add the *purée* with enough of the stock to bring the liquid to the consistency of cream, boil up once, and then pass the whole through the sieve again. Warm up when wanted and finish with the yolk of an egg—carefully freed from the white—beaten up with a tablespoonful of milk.

Choose a salmon-trout of a size large enough for

the party, and order a pennyworth of "fish cuttings" to be sent in with it. With the latter set to work at

2. *Salmon-trout with Chivory sauce.* once to make a good fish broth, adding to its savour by three ounces of onion, two of celery, parsley, herbs, and seasoning.

When the time comes for preparing the fish, lay it in a shallow pan just large enough to hold it, cover it with the fish broth, adding a gill of chablis, sauterne, grâves, or hock. This "court bouillon" should be put into the vessel first and brought to the boil, when the fish should be lowered into it. Two minutes at the high temperature having been allowed, check the heat under the vessel to simmering point, and in twelve minutes (or a little more, according to size) the fish will be ready. Serve well drained on a hot silver dish garnished with a chain of new potatoes, accompanied with this sauce :—Having a *roux* made of half an ounce of butter and half an ounce of flour ready, thicken three gills of the broth in which the fish was cooked with it, give this a pleasant sharpness with a teaspoonful of reduced vinegar—*i.e.*, two table-spoonfuls of good French vinegar (*vinaigre d'Orléans*), half an ounce of minced shallot, and a pinch of salt and pepper, boiled down to a teaspoonful. This strained is the thing required, and tint the sauce a pale green in the following manner :—

Pick, wash, and blanch for five minutes in boiling water a good handful of mixed green herbs—parsley, chervil, tarragon, and burnet. Drain and squeeze out all moisture, then pound to a paste in a mortar with one fillet of anchovy ; mix with this half an ounce of butter, and stir it into the sauce to finish with.

Bone a chump end of loin of veal, spread out the meat, put a layer of thinly-sliced bacon over it, and another of veal stuffing ; fold up the little joint and tie it firmly in shape with tapes. ^{3. Chump end of loin of veal, braised.} Meanwhile, having broken up the bones, make with them and a nice assortment of vegetables as good a broth as possible. Use this as moistening when braising the joint, adding to it a glass of white wine. When the meat is done nicely, remove the pan, set the former in a hot dish, brush it over with diluted meat glaze, garnish with vegetables—stuffed tomatoes, for instance—and send it up with this sauce :—

Put an ounce of butter in a stewpan, melt it, add four ounces of minced onion ; fry over a low fire, but without colouring, then mix in an ounce of flour, stir for three minutes, and moisten with two gills of broth from the braise : bring to the boil, and simmer till the onions are soft. Now pass all through the hair sieve, finishing with a gill of tomato *purée*, a tablespoonful of grated Parmesan, and a tablespoonful of cream.

Butter a small but deep pie-dish or plain mould : cut a thin piece of bread to fit the bottom of the mould which will form the top of the charlotte, butter it on both sides, and put ^{4. Banana charlotte.} it into the mould ; now line the inner wall of the mould with moderately thin strips of bread and butter, buttered on both sides ; that is to say, cover both the inverted top and sides of the mould, making a case of bread and butter as it were. Within the

case place layers of strips of bananas, prepared as for banana pudding, with apricot jam spread between each layer, and lemon-juice sprinkled over them all, with a good allowance of white sugar : when packed, cover the bottom of the mould with slices of bread and butter cut a little thicker than that used for the top and sides, and bake till the bread browns nicely. Use plenty of good butter please, and you will find this a simple but pleasant sweet dish : a sprinkling of any liqueur would, of course, add to the nice flavour of the fruit. Turn it out very carefully, and let cold custards accompany the charlotte.

Thinly roll out and line six little tartlette moulds (well buttered) with a paste made as follows :—Three ounces of flour, an ounce and a half of
 5. *Norwegian tartlets.* butter, an ounce and a half of grated Parmesan cheese, and the yolk of one egg : mix to a dough with half a gill of water, and use as directed. Having lined the moulds, fill their hollows with raw rice, and bake them a pale brown. Empty them, and keep them hot while you make this mixture :—Take an ounce of lax from the tin, free the slices from oil, wipe them dry, and pound them in a mortar with one fillet of anchovy, the yolk of a hard-boiled egg, and an ounce of butter, pass all through the sieve, and put a quarter of an ounce of butter into a little saucepan, melt it, stir in a quarter of an ounce of flour and a gill of milk, thicken, add the lax paste, fill the hot cases, and send up at once on a hot napkin dusted over with grated Parmesan.

MENU XVII.

(*May or June.*)

Lait d'amandes aux haricots verts.

Ragoût de saumon.

Caneton aux petits pois.

Pommes de terre nouvelles.

Riz froid aux figues.

Ramequins en caisses.

A PINT of ordinary domestic stock made from second boilings, bones, and meat trimmings, with half a pint of milk will do for this soup. Two good table-spoonfuls of ground sweet almonds as sold ^{1. Almond} for puddings, will suffice for the flavouring. ^{milk with} Make the soup as follows :—Melt half an ^{French} ounce of butter in a stewpan, stir in half an ounce of flour ; when well blended moisten with some of the stock, adding ground almonds and stock by degrees till both are exhausted ; let this come to the boil, skim, and simmer fifteen minutes, pass through the hair sieve and warm up. Cut into dice two tablespoonfuls of cooked ^{beans.} French beans, stir the dice into the soup as it simmers, and add half a gill of milk, with which the yolk of an egg has been mixed, off the fire, just before serving. Little crisp *croutons* of fried bread should accompany.

Take half a pound or so of cold boiled salmon, remove the skin, and cut the fish into fillets of a nice length, dust them with pepper and salt, and put them aside.

Prepare an equal quantity of cold cooked vegetable marrow or cucumber neatly trimmed in small fillets.

2. *Ragoût of salmon.* Slice finely two ounces of onion, and the same of carrot, fry the slices, without colouring, in an ounce of butter, now add a pint of fish broth or milk and water—two-thirds milk to one-third water—the fish bones and trimmings, and one pennyworth of fish cuttings, a blade of mace, and a saltspoonful of salt ; boil this up and simmer it afterwards till you have extracted the flavour of the ingredients : now strain off the broth, skim, thicken it, add a good tablespoonful of minced herbs—parsley, tarragon, chives, and chervil ; heat up the salmon and vegetable marrow in this, give it a squeeze of lemon, and serve in a hot silver or china dish.

For ordinary occasions stuffing is unusual with ducklings, sage and onions are wholly out of place, and apple sauce as sometimes given with geese and full-grown ducks quite unsuitable.

3. *Duckling with green peas.* Plain brown gravy is the best sauce. The peas should be cooked *à l'Anglaise*, and the new potatoes served *à la maître d'hôtel* as follows :—

Choose six or eight nice young oval kidneys of an even size, scrub them with a coarse cloth, boil or steam them till tender, then turn them upon a *sauté*-pan with half an ounce of butter, and toss them over a moderate fire, sprinkling them with finely chopped parsley, and giving them a squeeze of lemon-juice ; dust over with salt, and serve.

4. *New potatoes à la maître d'hôtel.*

Put a breakfast-cupful of Carolina rice into a stew-pan with just sufficient water to cover it. Let it cook slowly, and when boiling put in two breakfast-cupfuls of good milk, the thin ^{5. Rice in a mould.} peel of half a lemon, a piece of cinnamon, and two ounces of sugar. Simmer till the rice is soft, then put it into a mould, press it down firmly, and when cold turn it out.

Green figs not quite fit for dessert can often be got. They make a very delicious stew :—Choose eight green figs, wash and wipe them carefully. Put two ounces of sugar into an enamelled pan with half a pint of water. Set on the fire, and when the syrup boils put in the figs, reduce to simmering, and in five or six minutes the figs will be done ; take them out, lay them in a glass dish, add the juice of a lemon and a liqueur-glass of maraschino or curaçoa to the syrup, and pour it over them. Set to get as cold as possible.

Put one ounce of butter into a saucepan, melt, and add a gill of water, a seasoning of salt, pepper, and nutmeg, boil, and stir in two ounces of flour for four minutes, then add two ounces ^{6. Little cheese soufflés.} of grated cheese ; take it off, mix in two well-beaten eggs one by one, fill your buttered cases, and bake ; serve, as soon as the *soufflés* have risen, on a hot napkin.

MENU XVIII.

(June or July.)

Purée de crevettes.

Tranche de saumon à la ravigote.

Côtelettes à la Nelson.

Epinards à la Française.

Beignets au citron.

Biscuit au jambon.

MAKE two pints of uncoloured broth, as in Menu i. Clear this of fat, and partly thicken it with half an ounce of butter and three-quarters of an ounce of flour. Set it aside when completed.

1. *Shrimp purée.* Take a pint measure of shrimps, pick them, saving the shells; empty the latter, after washing them, into a stewpan, pour the partly thickened broth over them, bring this to the boil, and simmer for five-and-twenty minutes. Skim, and strain into a bowl. Divide the picked shrimps into three portions, reserve one of them for garnish, and take the other two for the *purée*, pounding them to a paste with the yolk of one hard-boiled egg and half an ounce of butter. Pass this through a hair sieve. Now to blend—put two ounces of white bread-crumbs that have been well dried in the oven into a clean stewpan, set this on a low fire and gradually stir in with them the cooled broth, adding the shrimp *purée* as you do so; bring to the boil, skimming off any scum that may rise, then cool, and pass all through the sieve into another stewpan, stir in the shrimps that were reserved for garnish, heat up,

and, to finish the soup, add, off the fire, the yolks of two eggs that have been well mixed with a coffee-cupful of the soup, or a good tablespoonful of cream, or an ounce of butter. Stir well and serve, *croûtons* of fried bread accompanying.

Have a pound of small salmon cut into two nice slices, each of which should yield two good portions. Prepare a fish broth with a pennyworth of fish-cuttings, two ounces each of onions and 2. *Slice salmon with ravigote.* carrots, a bunch of parsley roughly chopped, a small piece of celery, a saltspoonful of mignonette pepper, and the same of salt. When well-flavoured strain this off, add to it half a gill of French white wine, and you will have a *court bouillon* in which the pieces of salmon should be cooked. Use a large *sauté*-pan with an upright rim, in which the pieces of salmon can lie side by side without overlapping, put into it the *court bouillon*; bring that to the boil, skim, and slip into it the two pieces of salmon. This will stop the boiling. Let it recommence, and then reduce the heat to simmering. In about ten minutes the slices of fish can be taken out with a slice, and laid upon a hot dish. They can now be divided into the aforesaid portions, and the skin and bone removed. Now, having previously got ready a *roux* with half an ounce of butter and the same of flour, work into it half a pint of the broth in which the salmon was cooked, bring to the boil, skim, and finish with a teaspoonful of tarragon vinegar, and an ounce and a half of *ravigote butter*, to make four ounces of which proceed in this way :—

Pick, wash, and blanch for two minutes in scalding water three ounces of mixed chervil, chives, tarragon, garden-cress, and burnet in fairly equal quantities; drain, refresh the leaves with a douche of cold water, press out the moisture, and pound them well in a small mortar, add six fillets of anchovy, half an ounce of capers, and a seasoning of pepper and salt; mix well, and work to a paste, passing the whole through a hair sieve. To this add four ounces of butter, mixing well with the butter bat. The quantity required of this should be stirred into the sauce at the last moment.

Partly roast the best end of a neck of mutton. Let it get cold. Divide it into six neat cutlets, trimming them carefully. Make half a pint of *sauce soubise* *tomatée* (page 77). Lay the cutlets upon a buttered baking-dish, brush over the upper sides with melted glaze which mask neatly with the sauce, dust over them a coating of grated Parmesan, push the dish into the oven, baste and keep it there till the masking is nicely coloured. Serve in this way:—Fill a hollow croustade with spinach *purée*, arrange the cutlets round it masked side outwards, and garnish the outer ring with watercress.

3. *Mutton*
cutlets à la
Nelson.

For the sauce please see Menu xvi.

Reduce this over a brisk fire, stirring continually until it is thick enough to coat the spoon well. Cool, and then mask the cutlets as described. Dilute what is left with a gill of broth, and finish it with a tablespoonful of cream, or the yolk of an egg, for the sauce which is to accompany the dish.

Carefully pick the leaves, rejecting all that are faded or bruised, wash them well, getting rid of sand and dirt, then plunge them into an earthenware *casserole* containing a good supply of boiling salted water. Let them blanch for five or six minutes, then drain them, place them under a tap of cold water and "refresh" them, press out all moisture thoroughly, turn them out upon a board and mince them as fine as possible; then melt at the bottom of the *casserole* the best fresh butter, allowing one ounce to the pound of leaves weighed before boiling. When quite hot put the spinach into it over a low fire and let it drink in the butter, stirring it without leaving it. When quite dry finish with a tablespoonful of good *béchamel* or cream per pound aforesaid, adding half an ounce of butter last of all. Never cook spinach in a tinned utensil.

For these fritters use a batter made like that given for the *crêpes* in Menu ii., and allowed the same time to rest before using, but flavour it with the zest of a lemon instead of orange-flower water. The cooking of the fritters should be managed in this way:—Put plenty of clarified beef suet or fresh lard into a *sauté*-pan, thus preparing a bath at least an inch deep of melted fat. Heat this till a piece of bread plunged into it fizzes very freely, then pour the batter into it by dessert-spoonfuls at a time. On entering the boiling fat these will acquire fantastic shapes, swelling out, and crisping. Let them get a rich golden brown, then drain them with the perforated sieve, and dry them on your wire

4. *Spinach
in the
French way.*

5. *Fritters
with lemon.*

drainer, repeating the process till the batter is expended. When dry dish the fritters piled up upon a hot napkin, sprinkle them with lemon-juice, and dust castor sugar over them. Send round lemon cut into quarters and castor sugar.

Choose four round water biscuits and prepare them in the manner given in Menu ii. Have ready a mince of ham thickly moistened with brown sauce, calculating one dessert-spoonful for each biscuit, and make a gill and a half of thick savoury custard (page 30). Keep the three things very hot. At the moment required, lay the biscuits carefully on a very hot dish, spread the minced ham over them, mask each with the savoury custard, and sprinkle over the surfaces a garnish of finely grated Parmesan. Serve piping hot.

6. *Deville*
biscuits with
ham.

MENU XIX.

(July or August.)

Purée de pois verts.

Filets de maquereau, sauce raifort.

Ragoût de mouton à la Dugléré.

Artichauts au beurre.

Salade de fraises.

Croûtes à la mœlle.

OF summer vegetable *purées* none is nicer than *purée de pois verts*, and of the various ways of making it the best—in so far as flavour is concerned—is that in which the simple *cuisson* of the peas supplies the foundation. Choose young peas—it is a mistake to reserve old ones for this soup—and, having shelled enough of them to fill a pint measure to the brim, slice up the pods, wash them and put them into a stewpan with one average-sized lettuce shredded, four ounces of onion, a bouquet, and a good bunch of parsley, with seasoning. Cover with fresh milk, boil up slowly, and then simmer until the pods are soft. Drain off the *cuisson*, pick out the bouquet and parsley, and press as much as you can of the rest through a hair sieve, saving the pulp. Now put the shelled peas into another stewpan, pour the *cuisson* over them, boil, and when the peas are soft drain them, pass them also through the sieve, and add the *purée* thus obtained to that got from the pods. Next proceed to blend the

1. *Green-pea soup without stock.*

purée and *cuisson* for which a small quantity of *liaison* is necessary—otherwise the pulp might sink to the bottom of each basin, the thin broth remaining on the surface. This can be done with a *roux* made in a stewpan over a low fire with half an ounce of butter and half an ounce of flour, the *purée* and *cuisson* being added and worked into it by degrees till both are expended. The *purée*, now completed, may be finished in any of the three ways mentioned for the shrimp *purée*. A good colour is secured by boiling a handful of fresh spinach-leaves with the peas and passing them with the latter through the sieve. *Liaison* is sometimes effected with rice or tapioca, while cornflour or ground rice will also effect the object.

A medium-sized mackerel will be enough for this. Take off the fillets on each side, remove the skin, divide each side fillet in half, thus forming
 2. *Mackerel* four fillets, and set these in a *marinade*
fillets, horse- composed of two tablespoonfuls of salad oil,
radish sauce. the juice of a lemon, and a dessert-spoonful
 of finely minced fennel, with a seasoning of pepper and salt. Let them lie in this for half an hour at least, turning them now and then till cooking time is at hand. Now take out the fillets, dry them on a cloth carefully, dip them in frying batter (see Menu xiv.), and fry them till of a nice golden colour in a deep bath of very hot fat. Then drain, dry, and serve the pieces on a hot napkin, garnished with fried parsley and quarters of lemon. The sauce should be made in this way :—Having prepared a broth with the bones, but not the *skin* of the mackerel, three gills being enough, put it into a small stewpan, and stir into it

two tablespoonfuls of finely grated horseradish and a seasoning of salt and pepper. Boil up, simmer for fifteen minutes, stir in through a pointed strainer a dessert-spoonful of flour mixed with a coffeecupful of milk, boil, take off the fire, add a teaspoonful of tarragon vinegar, and one of made mustard, pass through a hair sieve, warm up, and finish with a dessert-spoonful of freshly grated horseradish and the yolk of a raw egg.

This is perhaps the highest type of haricot, and is, if carefully done, most excellent. Choose a neck of mutton, cut it up into cutlets, shorten the bones of these close to the top of the meat, 3. *Duglère's mutton ragoût.* and set all the trimmings to make a broth.

The meat must be very neatly trimmed, and a good broth prepared ; then proceed as follows :—Mince small four ounces of onion, three ounces of carrot, and three of turnip ; fry this in a *fricandeau*-pan over a low fire with an ounce and a half of butter, seasoning with salt and a dust of sugar. When part-fried put in the pieces of meat and continue the frying till the latter are slightly browned ; then moisten up to half the height of the meat with broth and put in a bouquet garni. Let the liquid fall gradually to a glaze, keeping the vessel uncovered, and then moisten again level with the surface of the meat. Proceed as before to gradually reduce, once more moistening : when the meat seems half-cooked drain off the broth, trim the meat as for the *ragoût* given in Menu xxv. : skim the fat from the broth and return both to the rinsed-out pan, adding a gill of white wine (chablis or

sauterne), and simmering very slowly over a low fire till nearly cooked. At this point a garnish of vegetables must be added, according to the season. In early summer, peas, French beans, young carrots, and turnips, small new potatoes, and so on. In the winter, the contents of a small tin of French *macédoine de légumes* may be substituted at the end of the cooking, and the dish may be further garnished with small neatly turned balls or ovals cut out of potatoes. When the fresh young vegetables are available they should be neatly cut and added to the meat and broth during the last stage of the cooking being gently simmered with them till tender.

For the home dinner the artichokes may be plainly boiled, and served with their leaves entire.
 4. *Artichokes* with butter. Drain them well before dishing, and lay them on a hot napkin.

Beurre fondu, or butter melted, is, with a few drops of lemon-juice or anchovy vinegar, the best of all sauces for this vegetable. Put two ounces of the best fresh butter into a small saucepan with half a saltspoonful of salt, stir with a wooden spoon until the butter is *half* melted, take the saucepan off the fire, let the melting complete itself in the hot saucepan, and then empty it into a very hot sauceboat—one of silver, if possible, adding a dessert-spoonful of lemon-juice or the same of anchovy vinegar.

A strawberry salad makes a nice summer *entremets*, and is a change after the too frequent appearance of strawberries and cream. Pick the fruit with care,

wiping off all dust, and arrange it in an old china bowl or deep dish, dust it over with castor sugar, and sprinkle it with old cognac or maraschino, putting layer over layer in the form of a pyramid, ^{5. *Straw-berry salad.*} dusting each and sprinkling each, and finally pouring a liqueur-glass of the liqueur drop by drop over all. Keep the salad as cold as possible—not in a hot room—till wanted.

Get a marrow bone from the butcher broken so that you can take out the marrow in pieces: soak these awhile in cold water, then lay them on buttered linen, roll them up, secure the ^{6. *Beef-marrow toasts.*} rolls with twine, and poach them gently over a low fire for twenty-five minutes; take them out and let them get cold. When required cut the twine, unfold the linen, and take out the marrow, it will be cold and firm; cut it into quarter-inch squares, arrange these on a few prepared toasts, season with salt and pepper, brush over with melted glaze, and put them in a hot oven till thoroughly heated, serving immediately.

MENU XX.

(August or September.)

Potage fausse tortue.

Filets de sole à la Orly.

Côtelettes à la Dubois.

Grouse rôti.

"Victoria pudding."

Ramequins.

PROCURE for this half a calf's head. Bone it, break up the bones, keeping the meat intact, and putting the brain to soak in cold water. Blanch the meat for ten minutes in boiling water, then drain and cool it. Choose a small stock-pot, put four ounces of clarified beef dripping into it, one pound of gravy beef and one pound of veal stock-meat cut into squares, six ounces of chopped lean uncooked bacon, the same weight of onion finely minced, and one of celery, fry till taking colour, then moisten with two quarts of common stock, adding half an ounce of salt, a dozen peppercorns, and a good bunch of mixed herbs—marjoram, thyme, and basil. Bring slowly to the boil, skimming carefully, and then put in the calf's head, the bones slightly browned meanwhile in the oven, and four ounces each of turnip and carrot; let boiling return after this addition of extra ingredients, but immediately afterwards reduce the temperature to gentle simmering, which continue

for three hours. Now strain off the broth, setting the head in the larder under a weight. Take a quart of the broth for to-day's soup, and save the rest for a dish with the head to-morrow. When cold take off the fat, and clarify with ten ounces of raw beef, as explained in the appendix, strain and serve with a few pieces of the gelatinous part of the head cut into inch squares. A dessert-spoonful of marsala is a correct addition to turtle soups, whether clear or thick, and it is customary to hand round a quartered lemon with the former.

N.B.—After soaking the brain for an hour, and it is white and clean, put it into a stewpan with three gills of water, a tablespoonful of vinegar, and half a salt-spoonful of salt ; simmer for twenty-five minutes, and then drain and put it away for use with the head.

In this case you fillet the sole, making fillets about three inches long and one and a half across. Marinade these as advised for mackerel fillets in Menu xix., dry them on a cloth, flour *2. Fillets of sole in batter.* them, and then dip them in frying batter, frying them in plenty of hot fat till of a nice golden colour. Then drain and dry them, serving the fillets piled upon a hot napkin, and dusted over with salt. A nice sauce may be easily made in this way. Break up all the bones and trimmings of the sole, and with them make half a pint of good fish broth ; thicken this with half an ounce of butter and half an ounce of flour in the usual manner, stir in cut up small a tomato weighing four ounces, boil up with the sauce, season with pepper and salt, and pass the whole through a

hair sieve, warm up and finish with the yolk of an egg, and a dessert-spoonful of finely minced chervil.

The cutlets may be of mutton or lamb from the best end of the neck. After shaping and trimming them, make the best broth you can with the
 3. *Cutlets in* trimmings, assisted by vegetables, half an
Dubois' way. ounce of glaze, and seasoning ; strain it off, three-quarters of a pint being enough. Let it get cold, remove all fat, and proceed with a *roux*, composed of three-quarters of an ounce of butter, and the same of flour to gradually thicken, adding the peelings and trimmings of a quarter of a pound of mushrooms, bring to the boil, and simmer for fifteen minutes, then strain off the sauce from the mushroom peelings, passing it through a hair sieve. Now return it to the stewpan, which set over a brisk fire, and proceed by fast boiling and continual stirring to reduce the sauce until it coats the spoon like batter. Now stir in three tablespoonfuls of chopped mushrooms which have been separately fried lightly in butter, and empty the sauce into a bowl to cool.

For the cutlets, put an ounce and a half of butter into a *sauté*-pan, melt it over a good fire, and lay the cutlets in it ; cook them on one side only, then take them out and set them, cooked side uppermost, on a dish with a weight over them, which cover when cold with the thick sauce, smoothing it over with a palette-knife and giving the covering a dome shape. Lay the cutlets now in the *sauté*-pan again, which should have been left with the butter in it, and put it in the oven ; baste the cutlets with broth and complete the cooking,

thus glazing the masking. About eight or ten minutes should suffice for this. Serve as recommended for cutlets *à la Nelson*, Menu xviii.

The grouse must be barded with bacon—that is, wrapped in sliced bacon—and covered with buttered paper ; the roasting must be in front of the fire, and the basting with butter ^{4. Roast grouse.} frequent. Remove the coverings during the last few minutes to brown the bird, and while the latter half of the roasting is going on, put a good slice of toast on a drainer in the dripping-pan below the bird, to catch the savoury juice which falls from it. Serve the grouse upon this toast, fried bread-crumbs, bread sauce, and brown gravy accompanying. Time : twenty-five minutes in all if the fire be a good one. A nice salad ought to accompany (see Cos-lettuce Salad, Menu v.).

Put a quarter of a pound of bread or cake-crumbs—crumbled biscuit will do—eight ounces of prunes that have been stewed and their stones removed, two ounces of sugar, and four ounces of ^{5. Victoria pudding.} finely minced suet into a bowl, stirring into them, one by one, four well-beaten eggs, and a liqueur-glass of brandy or rum ; add the zest and juice of a lemon, and put the mixture into a buttered pudding-basin, cover with a cloth in the usual way ; boil for three hours, and serve with this sauce :—

After having taken out the prune-stones, crack them, put them into a gill and a half of weak sugar and water syrup, boil up, and simmer, adding a

liqueur-glass of whichever spirit you used in the pudding. In half an hour strain off the syrup, add another liqueur-glass of brandy or rum, and pour over the pudding when serving it.

Put an ounce of butter into a saucepan with a gill of water, a pinch of nutmeg, salt and black pepper ; boil, take it off and stir in two ounces of flour ;
6. *Rame-* stir over the fire for four minutes and then,
quins. again removing the pan, stir into it two ounces of grated Parmesan and two eggs well beaten, one after the other. Put the paste thus formed on a buttered baking-sheet, lined with buttered paper, in lumps the size of a bantam's egg, brush over with beaten egg, put the sheet into the oven, bake, and when nicely brown and risen, serve upon a hot napkin dusted over with grated Parmesan.

MENU XXI.

(September or October.)

Petite marmite.

Carrelets frits.

Tête de veau en tortue.

Râble de lièvre à la Soubise.

"Maids of honour."

Croûtes au fromage à l'Indienne.

THE last idea is to serve this soup, an adaptation of *croûtes au pot* given in Menu vi., in a little earthenware stock-pot (*marmite*) with a napkin folded round it, and, in addition to the *croûtes* and the vegetable garnish, to put into each soup plate a fragment of chicken (supposed to have been cooked in the broth), an atom of the beef (*bonilli*), and a small allowance of beef marrow, presented separately. But the meat is by no means essential, nor is the fat. Make a good *pot-au-feu*, and serve in a small marmite with a nice allowance of each vegetable and a couple of tablespoonfuls of separately boiled cabbage roughly cut up. The *croûtes* should be prepared as in the receipt for *croûtes au pot*, page 28. The service of a few pieces of each kind of vegetable—separately cooked—is to be recommended, for those in the stock-pot are often overdone. In this case slice the turnips and carrot pieces a good size and about the thickness of a two-shilling piece.

Take four flounders, trim them neatly, and having prepared a good bath of hot fat deep enough to cover the fish, and having egged and crumbed
 2. *Fried flounders.* them with finely sifted crumbs, plunge them one after another into the fat, and fry till of a golden colour, then drain, dry, and serve them on a hot paper. For convenience, each flounder may be cut in half, crosswise, before the crumbing. Serve with lemon in quarters, brown bread and butter, and *beurre fondu*, for which see Menu xix.

This is in continuation, as it were, of Menu xx., to show how to dispose of the calf's head used in making the mock-turtle soup. Take the meat from
 3. *Calf's head en tortue.* beneath the weight, cut it into neat squares about an inch and a half in measurement, season them with pepper, salt, and spiced pepper. Now take a *fricandeau*-pan, or a *sauté*-pan with high sides ; put into it two ounces and a half of butter or clarified suet, melt it over a moderate fire, and then stir in three ounces of lean uncooked bacon minced small, six ounces of minced onion, four each of turnip and carrot, an ounce of celery, half one of parsley, and the washed and minced peelings and stalks of half a pound of mushrooms. Season with salt and spiced pepper, and put in a teaspoonful of dried basil. Fry all these till they soften and turn colour, then put in an ounce of glaze, and moisten with a pint and a half of the broth saved for the purpose ; bring slowly to the boil, and simmer till the vegetables are done, then strain off the broth into a bowl and let it get cold, so that the fat may be taken off. Now turn the broth to a sauce *à la tortue* in this way :—

SADDLE OF HARE WITH SOUBISE SAUCE. 99

Prepare a *roux* with an ounce of butter and an ounce of flour ; moisten with the broth, bring to the boil, put in the half-pound of mushrooms, the trimmings of which were used in the *sauté*-pan, cutting them into neat pieces if large, and simmer for fifteen minutes. After this empty the contents of the pan upon a hair sieve with a bowl beneath it ; pick out the pieces of mushroom, placing them on a plate aside, and pass the sauce through the sieve. Lastly, put the strained sauce into a stewpan, stir into it a gill of freshly made tomato sauce, and a tablespoonful of marsala ; mix well, add the mushrooms and the pieces of head, warm up gently without boiling, and serve as you would a *ragoût* within a neat border. For special occasions a garnish of cock's combs, truffles, sweet-breads, fancy quenelles, &c., may, of course, be added.

The *râble* is the body of the hare without head, shoulders, and hind-legs, which, carefully removed, are kept for soup or *civet de lièvre*, while the body which remains is roasted, forming a nice easily carved dish for a small party. Having thus trimmed a well-grown but young hare, line the inside of the *râble* with thin slices of cold cooked bacon, and over that enough veal stuffing to fill it nicely, securing the ends. Lard the back fillets, or wrap them round with slices of bacon, and envelop the whole with well-buttered paper. Roast in front of the fire, basting frequently, removing the paper during the last seven minutes for the larding to take colour, or the skin to brown, as the case may be. Liver sauce, made with that of the hare and flavoured

4. *Saddle of hare with soubise sauce.*

with port wine, is liked by some. There can be no doubt, however, that *sauce Soubise* is as good, if not better. For this see Menu xvi., stopping the process after passing the onion *purée* through the sieve, which finish, after warming again, with a tablespoonful of cream.

Turn a pint of milk to curd, drain this on a sieve, bruise it in a bowl, and beat it with two ounces of butter till creamy. In another bowl beat
 5. "*Maids of honour.*" three ounces of sugar with three whole eggs. Amalgamate the contents of the two bowls, and stir into the mixture sufficient crushed ratafias or macaroons to thicken it to the consistency of a stiffish batter. Add now the juice and zest of a lemon, a tablespoonful of orange-flower water, and a liqueur-glass each of brandy and maraschino. Line six buttered round mince-pie pans with fine puff-paste rolled out thinly, fill them with the mixture, and bake about twenty minutes in a moderate oven.

Break and beat an egg in a bowl, beat it with an ounce of butter, then pass in by degrees two ounces
 6. *Indian "ramakin toast."* of grated cheese, a dessert-spoonful of made mustard, a seasoning of salt and Nepaul pepper, and a pinch of mace; work till the mixture is smooth, adding another yolk, if need be, but it ought to be stiff enough to lie on the surface of the toasts without spreading. Have ready four nicely fried toasts, arrange the mixture upon their surfaces, smoothing it with a palette-knife dipped in hot water, and set them in a moderate oven till nicely coloured, serving on a hot napkin without delay.

MENU XXII.

(October or November.)

Potage "mulligatunny" au gras.

Filets de barbue au bleu.

Croquettes de gibier à la chasseur.

"Porterhouse steak."

Céleri à la Flamande.

Soufflé à la vanille.

"Mock crab toast."

A VERY capital thick mulligatunny can be made with a stock made out of sixpennyworth of chicken giblets, exactly as prescribed for clear chicken giblet soup, Menu i. This having been ^{1. Thick} made, the following course should be ^{mulliga-} followed :—^{tunny.}

Put four ounces of minced onion to fry gently in one ounce and a half of butter : let this continue till the onion is browned ; then add (previously prepared in a soup plate) one tablespoonful of curry powder, one dessert-spoonful of curry or mulligatunny paste, one large tablespoonful of *crème de riz*, a saltspoonful of salt, all blended with a couple of tablespoonfuls of milk or stock. Mix this well into the butter and onions, and let them fry together for at least twelve minutes. Then begin to moisten with the stock—one and a half pint enough—adding a dessert-spoonful of minced green ginger, a tablespoonful of sharpish chutney or a teaspoonful of red currant jelly with the juice of a lemon, and a tablespoonful of desiccated cocoa-

nut ; boil up a simmer for half an hour, then pass the soup carefully through the hair sieve, catching up the pieces of green ginger, nut, &c. Warm up to finish with, adding one yolk of egg beaten up in a coffee-cupful of cocoanut milk obtained by soaking a table-spoonful of desiccated cocoanut in a gill of boiling water and squeezing it through muslin.

Having cut off neatly the two fillets (one on each side) of a small brill, weighing about a pound ; you must first proceed to make a good broth with the bones and trimmings, assisted by two ounces each of shredded onion and carrot, a bunch of parsley, a dessert-spoonful of blended thyme and marjoram, a salt-spoonful of salt, a dozen peppercorns, and a pint and a half of water. When this has been brought to the boil once and then simmered for half an hour, strain it off into a glazed earthenware *casserole* or an enamelled pan : set this on the fire, and as soon as boiling begins, add the fillets. This will check the boiling ; when it recommences, moderate the fire to simmering, cover the pan, and add a large claret-glassful of sound light claret. Let the fish fillets cook very slowly in the broth for about eighteen minutes : when done, drain and place them in a very hot dish, carefully covered up. Strain the broth in which they were cooked, thicken it, stir in half an ounce of glaze, bring to the boil once, and pour over the fish through a pointed strainer. The red wine will give the fish a bluish tint, hence the French name. A tinned utensil must not be used.

2. *Fillets of
brill with
red wine.*

At this season of the year there is often cold game in the house out of which, with a little care, a nice *entrée* can be made in this way. Assuming that six ounces of meat can be picked off a brace of cold pheasants, take one ounce of ^{3. *Game croquettes.*} lean and one ounce of fat of cooked ham, and of cooked mushrooms one ounce. Mince all rather finely and mix them in a soup plate, seasoning with spiced pepper, and covering the plate for the present. Now chop up all the trimmings, skin, and bones of the birds, pounding the latter for a while in the mortar, and put the whole into a stewpan with a couple of ounces of minced lean of uncooked bacon, four ounces of minced onion, the minced peelings and stalks of half a pound of mushrooms, a dessert-spoonful of dried sweet herbs, and a seasoning of salt and pepper ; cover with water, bring to the boil slowly, and simmer for a couple of hours. Then strain, take off any fat there may be, and proceed to thicken the broth as for a sauce taking, for half a pint, half an ounce of butter and the same of flour. As this is cooking, stir in a quarter of an ounce of dissolved gelatine, a teaspoonful of lemon-juice, half one of red currant jelly, and a teaspoonful of marsala. Pass this through the hair sieve. Now put the mince into a clean stewpan, dilute with just sufficient sauce to bring it to the consistency of thick jam, stir over a low fire for five minutes, and then put the mixture into a soup plate, patting it into a disc about an inch thick with a wooden spoon. Set this aside to get cold. When cold and firm, mark it off into portions about the size of a bantam's egg, flour these, egg, and roll them in finely sifted crumbs, and let them rest for half an hour

for the crumbing to dry ; then egg again, and roll again in the crumbs. Let this coating dry and then fry in a good bath of boiling fat till of a golden colour. Now drain, dry, and serve on a hot napkin, the remainder of the sauce heated very hot accompanying in a boat.

The use of gelatine is recommended rather than eggs for fixing the mince, because it becomes moist during the frying, and the inside of the *croquettes* is therefore juicy and not dry as it is with eggs.

A porterhouse steak must be grilled with great care, and served on a very hot dish garnished with water-cress or grilled mushrooms—say half a
 4. “ *Porter-house steak.*” pound, one of them having been given for the *croquettes*, and the peelings and stalks for their sauce. Salad and *pommes de terre sautées* would complete the dish.

When celery first comes in it is specially suited to stewing as an *entremets*, either with butter, beef marrow, or other adjunct. Trim two heads of
 5. *Celery in the Flemish way.* fine white celery very neatly, wash them carefully, and when convinced that no earth remains hidden in the leaves, cut each head in two lengthwise, or four if the head be large, and tie the pieces together again with twine : then stew them very gently in milk and water, or in broth if you can spare it. When tender, drain, untie the strings, and arrange the pieces neatly upon a silver dish like asparagus, smothered with this sauce :—Strain off the *cuisson*, skim it, slightly thicken it with butter and flour, finishing with two yolks of eggs beaten up with a

teaspoonful of lemon-juice, and a dessert-spoonful of finely minced parsley.

Put into a *casserole* or enamelled pan four ounces of flour, two ounces of sugar, and sufficient essence of vanilla to flavour the sugar ; mix this well with a pint of cold milk, then put the pan ^{6. *Vanilla soufflé.*} on the fire till boiling, stirring well with a wooden spoon and getting it smooth ; then take it off the fire, break four eggs, separating the yolks from the whites ; put the latter in a bowl, mixing the yolks one by one with the batter ; whip the whites very firmly, and pass the froth flake by flake into the batter, pour the whole into a well-buttered *soufflé* tin, lined with stiff paper, and bake for twenty-five minutes in a moderate oven : when risen and ready, dust the surface over with castor sugar, and serve forthwith.

Pound two fillets of anchovies in a mortar with an ounce of butter, stir in two ounces of finely sliced Gruyère or Cheddar cheese, and continue the pounding, adding a teaspoonful of ^{7. *Mock crab toast.*} anchovy vinegar, a dessert-spoonful of made mustard, and a small saltspoonful of Nepaul pepper. When well mixed, stir in the yolks of two eggs, lay the mixture over the prepared toasts, and bake as described for the toast in Menu xxi.

MENU XXIII.

(November or December.)

Purée de topinambours.

Croustades de crevettes.

Perdreux à la Soubise.

Riz à l'Italienne.

"Duchesse pudding."

Sardines à la diable.

THERE are two methods of composing this soup:—*au maigre* (with milk) and *au gras* (with stock): I take the latter. Having washed, peeled, and boiled one pound of Jerusalem artichoke and boiled one pound of Jerusalem artichokes, pass them through the sieve; save the pulp so obtained, measuring a pint of common stock for the *purée*. Now proceed to amalgamate the two in the proper way, by melting half an ounce of butter at the bottom of a saucepan first, incorporating therewith three-quarters of an ounce of flour, and after that has been done, stock, and pulp of artichoke by degrees until you have expended them. Boil up, and pass again through the sieve. Now replace the vessel on the fire for a while, and when the *purée* comes to the boil, it will be ready to serve. On its way to the table, like all *purées*, it may be enriched by a tablespoonful of cream, or two of fresh milk into which the yolk of an egg has been stirred, but the addition is not essential. The broth explained in Menu i. is recommended for this soup. Fried *croûtons*

of bread should be handed round with all vegetable *purées*. For the *potage au maigre*:—Take as much milk as you want soup, *i.e.*, one pint, and boil in it four ounces of onion, an ounce of parsley, and a bunch of sweet herbs. When thoroughly flavoured, strain the milk, mingle the pulp of the artichoke with it, as described for stock, and finish it off in the same manner: the cream or yolk of egg might be added in this case.

Choose two or three small round dinner rolls which have been baked in tins, and will stand upright. Scoop out all the crumb, and fry the cases so obtained a golden yellow colour ^{2. Shrimp} _{croustades.} in melted butter. Drain them. Now pick enough cooked shrimps to fill them, cut these into quarter-inch pieces, toss them in melted butter, with a pinch of mace, pepper, and salt; then pound them in a mortar, moistening them with sufficient white sauce to bring them to the consistency of thick cream, seasoning with pepper, salt, and a pinch of mace; now fill the cases, shake a little bread-crumbs over the surface of each, place them on a buttered baking-tin, and heat them for five minutes in the oven, serve as soon as the tops take colour. This recipe can be followed, substituting cooked fish of any kind, lobster, crab, or prawns. The shells, roughly chopped and boiled in water with an ounce of onion, seasoning, and a teaspoonful of dried herbs, will provide a good liquid for the white sauce.

A good way of cooking *old* birds, applicable also to pheasants and grouse:—Prepare three old part-

ridges as for boiling : fill each of them with a table-spoonful of chopped onion, previously blanched, the livers and hearts of the birds minced, seasoned with spiced pepper, salt, and rolled in a slice of boiled bacon. Take a stewpan and put into it an ounce of butter, the giblets of the birds, any scraps of meat you may have, a slice of lean bacon, a two-ounce onion cut into quarters, a few peppercorns, and a seasoning of salt and pepper : fry till turning colour, and then moisten with a pint of white broth, boil up and simmer : when you have got a broth to your mind, strain it off. Next cut two ounces of streaky bacon in pieces one inch long and half an inch thick : put half an ounce of butter into a stewpan, fry the bacon pieces therein, and when turning colour, put in the birds, and cook them for five minutes : add eight ounces of onions cut into quarters, cover all with the broth, and simmer the partridges therein very slowly until perfectly tender. When done (they will take an hour and a quarter), take them out, and drain them, replacing them in the hot pan in which they were done, with the cover on. Now strain the broth, and with it make a rich *soubise* sauce as follows :—Pick out the onions stewed with the birds, pass them through the sieve, and proceed with half an ounce of *roux* and the broth aforesaid, to make a rich *purée* ; when boiling hot, dish the birds, pour the onion *purée* over them, and serve, garnished with curls of crisply fried bacon. The *roux* should, of course, be prepared beforehand to prevent delay : the *purée* ought not to occupy more than ten minutes in preparation. The yolks of two eggs should be added to

it if possible. Instead of potatoes try *riz à l'Italienne*, for which please turn to Menu iv.

Grate four ounces of fine stale crumbs, put them in a basin, and pour over them half a pint of boiling milk and a few drops of ratafia essence: cover the basin with a plate, and let the liquid ^{5. Duchesse} *pudding*. soak into the crumbs, and get cold: now stir into the basin four ounces of dry, finely minced suet, a pinch of salt, three ounces of crushed ratafias, and three ounces of candied peel sliced thin. Next whisk three eggs well, with two ounces of sugar, continue to beat them together until the sugar is dissolved, then pour them into the basin with the other ingredients, and mix well; turn all into a buttered basin, and boil for two hours. For the sauce dilute two tablespoonfuls of raspberry jam with a gill of hot water and a liqueur-glass of rum, brandy, or kirsch; stir over the fire to moisten the jam well, then strain into a hot sauce-boat, adding the juice of half a lemon.

Out of some stale bread cut six neat oblong *croûtes*, each of a size large enough to carry a sardine, fry them, and keep them hot. Remove the oil from the sardines, carefully scrape off ^{6. Devilled} *sardines*. the skin, and lay them in a row on a baking-sheet well buttered, devil them with a seasoning of salt, black pepper, and Nepaul pepper, and heat them in the oven. When ready lift each with the palette-knife, and place it on a *croûte*, brushing all over with melted glaze, and serving forthwith.

MENU XXIV.

(December or January.)

Queue de bœuf lié.

Harengs frits à la zingara.

Poulet à l'Américaine.

Langue de bœuf.

Crème de marrons à la vanille.

Croûtes aux crevettes.

FOR this please turn to Menu iii. If the clear variety be made one day, the thick can be prepared the next, or next but one following, with the meat
1. Thick and second boilings. Having cooled and
oxtail soup. strained this off, take off any fat that there may be. Select about four ounces of the nicest lean meat, pound this to a paste, and pass it through the wire sieve; melt half an ounce of butter in a stewpan, stir in half an ounce of flour, mix for three minutes, and then moisten with a pint and a half of the stock, passing in the *purée* as well, bring to the boil, and simmer for ten minutes, then pass through the hair sieve. Warm up when required, adding a dessert-spoonful of marsala.

Carefully remove the flesh in two long fillets on each side of three fresh herrings, take off the skin, brush the insides of the fillets over with a beaten egg, sprinkle with finely chopped parsley, and then close each pair together again, thus reforming the fish. Let

them set for half an hour, and then brush them over with beaten egg, roll them in finely sifted *panure*, let this coating dry, repeat it, and fry the herrings one by one in a bath of boiling fat. As soon as they turn a rich golden colour, stop, take them out with the perforated slice, drain, dry, and serve on a hot napkin. Make *sauce zingara* in this way :—Reduce a gill of French vinegar with a dessert-spoonful of minced onion and a small salt-spoonful of salt and one of mignonette, pepper till about a dessert-spoonful of the liquid remains, moisten with two gills of fish broth, simmer for ten minutes, strain, add two tablespoonfuls of lightly fried bread-crumbs, and finish with a dessert-spoonful of minced parsley and the juice of half a lemon. Serve with the herrings.

This capital method of cooking a fowl is of course specially adapted to the "Warren" cooking-pot. The process is known as dry steaming, so if you do not possess that vessel, you will want your fish-kettle, and a stewpan, big enough to hold the fowl, with a close-fitting lid. Truss the fowl ; place a four-ounce Spanish onion cut into quarters inside the bird, with a couple of slices of bacon ; sew up the vent, pin a strip of bacon over the breast, and, as a preliminary measure (to "seize" the flesh), plunge it for five minutes into a pan of boiling water, set the bird in the stewpan (without any water or gravy round it), carefully securing the lid with paste if necessary. Immerse the vessel containing the fowl in a fish-kettle or any larger pan having boiling water

2. *Fried
fresh
herrings.*

3. *Fowl
in the
American
manner.*

up to a third of its depth ; cover, and for a quarter of an hour permit this to boil, then draw back to a gentler heat so that the water may simmer. Cook slowly now, without removing the lid, which should be scrupulously kept closed. In about two hours and a half—if the simmering be carefully kept up—you can take the fowl out, and place it at once on a hot dish well covered up. Now strain off the broth that you will find has been drawn from the fowl, and save it for the oyster sauce, which make in this way :—Prepare eighteen sauce oysters in the manner explained in Menu xi. This should of course be done while the fowl was cooking. After draining off the broth from the bird, skim off any fat there may be, and, having a *roux* ready, proceed to thicken it. Use half a pint to mask the fowl, and half a pint for the sauce, adding the oysters and their liquid to the latter with the yolk of a raw egg to finish with. Send the sauce in a boat.

A few nice slices of tongue can of course be procured. Trim them neatly, taking off the outer skin, and
 4. *Tongue* then put them into a stewpan, cover them
in slices. with brown sauce slightly flavoured with marsala and assisted by half an ounce of glaze, warm up gently in the *bain-marie* with the stewpan closed, and serve with the fowl. Nicely stewed celery and potatoes *à la duchesse* (Menu xiv.) may accompany.

Twenty-four chestnuts will be needed for a pint mould. Take off their brown skins, plunge them into boiling water for a minute or two, and peel off the red skins ; make enough weak sugar and water syrup to

just cover the nuts in a stewpan, flavour this with vanilla, set over the fire, and gently stew the chestnuts till they are quite soft, by which time they will have absorbed the syrup almost entirely. 5. *Chestnut pudding*
 Pass them now through the wire sieve as *with vanilla.*
 you would potatoes, and keep the *purée* ready. While the chestnuts were stewing, make a custard with half a pint of milk (boiled and cooled), a gill of cream, three whole eggs and two yolks, or omit the cream and use three-quarters of a pint of milk ; sweeten with an ounce of sugar, and work the custard in a basin over a vessel containing hot water till it is rich and creamy. Cool it as soon as it is ready. In the third place make a coffee-cupful of caramel in this manner :—Choose a small glazed earthenware *casserole* or sugar boiler, put into it a tablespoonful of castor sugar, stir this over a low fire till the sugar melts and turns to a rich dark brown syrup, pour this into the mould to form a cap ; let it harden ; mix the *purée* and custard, pour this in cold, cover the mould, and steam as described for banana pudding, Menu ix., turning out in the same way. Butter the mould well beforehand.

Threepennyworth of picked shrimps will suffice for these toasts. Test them, and if too salt put them into a strainer, and pour boiling water over them, then give them a *douche* of cold 6. *Shrimp toasts.*
 water, and dry them in a cloth. Prepare the toasts, keep them hot in the mouth of the oven on a drainer, and treat the shrimps as follows :—Melt an ounce of butter in a *sauté*-pan, setting it over a low fire, put in the shrimps, turning them about in the

butter while you dredge over them a little devil seasoning and a dust of mace ; when quite hot, having absorbed some of the butter, arrange them over the hot toasts, pour the butter remaining in the pan over them, and serve as hot as possible.

MENU XXV.

(January or February.)

Potage à la bourgeoise.

Pétoncles au gratin.

Ragoût de mouton aux navets.

Flageolets à la Flamande.

Beignets de bananes au rhum.

Croûtes au merluche fumée.

A CAPITAL domestic soup can be made out of second boilings and the vegetables used in flavouring the soup of the day before. Take of the former enough for the soup, and put the boiled ^{1. Vegetable} ~~purée.~~ vegetables into it over the fire just to warm both, and cause them to throw up any grease there may be which should be skimmed off. Then drain and pass the vegetables through the hair-sieve. Now mix over the fire in a saucepan half an ounce of butter, and half an ounce of flour, gradually adding vegetable pulp and stock, and stirring well, until you have exhausted the whole. Let it come to the boil, skim, simmer for ten minutes, and pass through the sieve again. After you have taken the soup off the fire, stir in the yolk of an egg beaten up in a little milk: fried *croûtons* bread should accompany.

For this dish, for which six scallops will be sufficient, follow the receipt given for cooking oysters in Menu xi. Understand that they must never *boil*, but a

gentle simmering in fish broth for five-and-twenty minutes is necessary after the boiling point has *nearly*

2. *Baked scallops.*

been reached, as scallops require more cooking than oysters. Then drain and cool. Use some of the broth to moisten as much of bread-crumbs as there is of scallops: with the rest make a white sauce. Cut up the scallops, lay them in a well-buttered fireproof dish (or in shells) with the crumbs, moisten with the sauce, strew a layer of fine raspings over the surface, and put in a moderate oven. Bake till thoroughly heated, brown the surface, and serve.

Choose two pounds of a neck of mutton, or breast if not too fat, or the blade-bone of a shoulder; take off the outer skin and trim the piece of meat

3. *Stewed mutton with turnips.*

into two-inch pieces with the bone attached to them. In the case of a shoulder, cut it across, sawing through the bone. Put these with two ounces of butter into a stewpan, seasoning with a saltspoonful of salt, and half one of pepper; now fry over a moderately fast fire for a quarter of an hour so that the juices of the meat may be retained. Do not let the butter burn, and do not overcrowd the pan, the pieces must be kept apart from each other; for this purpose it is better to fry them in relays of a few at a time. Next dredge over the meat an ounce of flour, and brown for four minutes, add a quart of broth or water, warm, stir till it boils, then drain the contents of the stewpan through a sieve into a basin. Rinse the stewpan, put back the meat, take the fat off the broth, and pour it in also, add five ounces of onion cut up and a bouquet garni. Simmer very

gently now for one hour, making good the loss by evaporation with a gill or so of broth. Separately prepare one pound of turnips, cutting them as you do apples for a tart, and frying them in an ounce of butter till lightly browned. These should be added to the stew during the last quarter of an hour's cooking. When done, take out the pieces of meat, arrange them on a hot dish, put the pieces of turnip round them, strain the gravy, skim, and pour it over them. Dubois observes that the flavour of the *ragoût* is improved by passing the point of a knife into it that has been previously thrust into a clove of garlic.

Cook half a pound of green *haricots flageolets* in boiling salted water with half an ounce of butter ; when tender drain them, and with half a pint of their *cuisson* make a white sauce, ^{4. *Flageolets beans in the Dutch manner.*} using half an ounce of butter and half an ounce of flour ; when ready, take off the fire, stir in the yolk of an egg and a dessert-spoonful of finely minced parsley. Warm up the beans in this and serve.

The addition of a little liqueur or brandy is a great improvement to banana fritters ; indeed all who have tried pineapple fritters with rum will not hesitate to apply the same test to this fruit. ^{5. *Banana fritters.*} The rum or liqueur should be poured over the sliced bananas like a *marinade* an hour before they are cooked ; a dessert-spoonful will suffice. The batter (page 10) should not be too thick, and do not forget to have the bath of fat hot enough. Drain

and dry thoroughly. Dust over your fritters before serving them a nice coating of finely sifted white sugar, and send lemons cut into quarters with them. The native cook of India simply flours the fillets of banana and fries them gently in a small quantity of melted butter, dusting sugar over them. These, however, are apt to be greasy unless carefully managed, and they cannot be called *beignets*.

For these part of a dried haddock will be required—say a tablespoonful of haddock freed from bone and skin for each toast two and a half inches long by two inches wide. Having picked the meat from a cooked fish, pound it in a mortar with a piece of butter to assist the operation, and one fillet of anchovy freed from oil. Season with a dust of Nepaul pepper. Put a gill of white sauce in a little stewpan, stir in the pounded fish, heat thoroughly over the fire without boiling, add the yolk of an egg or a spoonful of cream, and arrange the mixture on the toasts, which should have been separately fried in butter, and kept as hot as possible in the mouth of the oven.

6. *Haddock
toasts.*

MENU XXVI.

(February or March.)

Purée de tomates.

Mulet au gratin.

Pâté de bœuf dans un plat.

Omelette soufflée aux macarons.

"Kidney toast."

A PINT and a half of plain stock uncoloured made from veal or chicken bones with herb and vegetable flavouring, and a pound of tomatoes, will be required for this soup. Pick off the stalks, ^{1. Tomato} wash and dry the tomatoes, and cook them ^{soup.} exactly as for the *purée* in Menu viii. up to the passing through the sieve. When dinner-time is at hand, you must amalgamate the pulp and stock in the prescribed way:—Melt half an ounce of butter at the bottom of a saucepan, work half an ounce of flour into it till it looks smooth, then add a little stock, a little *purée*, and so on by degrees till you have exhausted your supply, let the soup come to the boil to thicken properly, skim, strain, and then serve it with *croûtons* of fried bread.

Choose a nice grey mullet, and threepennyworth of picked shrimps. Try the latter, and if very salt plunge them into hot water for half a minute and then into cold; do not soak ^{2. Baked} them or they will lose their flavour; drain ^{mullet.} dry and pound them thoroughly in a mortar with

half an ounce of butter and two tablespoonfuls of bread-crumbs soaked in milk : pass this through the sieve, and season it with a teaspoonful of finely minced parsley, one of chervil, and one of chives, or the green stem of a young onion ; give this a dust of pepper, mace, and salt, and work it together thoroughly with a well-beaten egg. Now lay your mullet on a board, wipe it dry, fill it with the shrimp stuffing, and sew up the fish securely. Butter a fireproof dish, place the mullet therein, pour a breakfast-cupful of broth round it, shake a thin layer of raspings over its surface, spread a few small pieces of butter upon the top of it, and bake for about ten minutes or a quarter of an hour in a Dutch oven if possible, or in a moderate oven. A pat of *maître d'hôtel* butter should be placed on the top of the mullet before serving, and a spoonful or two of sauterne, hock, graves, or chablis, poured over it during the baking, will be found an improvement : baste now and then during the cooking, and serve in the dish in which it was cooked.

This is a pie that can be eaten hot. Buy a piece of the fillet steak of beef weighing about a pound, and the same of coarser meat for gravy. With
 3. *An excellent beef-steak pie.* the latter commence the making of the gravy in this way :—Melt an ounce of butter in a stewpan, put into it four ounces of onion, two of carrot and of turnip, one of celery, and a sprinkling of parsley ; fry gently over a low fire for five minutes, then lay over the vegetables the coarser meat cut up into thin slices. Continue the frying till a light brown glaze forms at the bottom of

the pan, then dilute with two pints of *warm* broth or water and simmer gently part covered till the liquid is half reduced. Then strain, cool, skim, and use as required. When the broth is ready cut the piece of steak into neat slices a quarter of an inch thick, and about three inches long ; place the slices on a flat dish and upon each slice lay a thin one of boiled bacon ; give the whole a dusting of spiced pepper. Roll them up (each separatcly) and give them an external dusting of spiced pepper. Take a pie-dish—one of the brown French stoneware for choice—rub it well with a shallot, butter it, arrange a bed of sliced raw potato over the bottom of it, and upon that place a layer of the rolled slices, setting them closely ; repeat the process, adding another layer of rolled beef slices, till the dish is packed ; garnish the surface with pieces of hard-boiled egg, moisten with a gill of the gravy, and cover the whole with a good light crust, bake in the usual way and serve. Oysters, minced anchovies, chopped olives, or mushrooms may, of course, be mingled with the layers, and a glass of white wine may enrich the gravy. The oven should be moderate and the paste should be protected with buttered paper. An hour or an hour and a quarter will suffice for the baking.

Work in a bowl with a whisk over hot water three yolks of eggs and two ounces of finely powdered sugar till they are frothy. Cool this. Pound three macaroons and pass the powder through a wire sieve. Beat the three whites of the eggs till stiff, and then blend the three things—yolks, macaroon powder, and whites.

Heat two ounces of butter in an omelette-pan, put the mixture into it, and keep it over a low fire till the under part is sufficiently set to allow

4. *Omelette
soufflée with
macaroons.*

the omelette to be doubled over. Do this carefully, passing a palette-knife under it.

Turn the omelette out upon a buttered fireproof china or oval metal gratin-dish, and set it in the oven. As soon as nicely coloured, draw out the dish, and smother the omelette with powdered sugar, put it back for a few seconds to glaze the sugar, and then serve forthwith.

Take a sheep's kidney, cut it open, skin, and blanch it, then cool and mince it very finely. Melt half an

5. *Kidney
toast.*

ounce of butter in a small *sauté*-pan, put in a teaspoonful of finely minced onion, fry over a low fire till the onion pieces are soft,

then add the minced kidney with one fillet of anchovy and half an ounce of glaze; moisten with a tablespoonful of gravy, continue to cook slowly, seasoning the whole with salt, Nepaul pepper, and powdered sweet herbs. When the kidney is tender, empty the contents of the pan into a mortar and pound them to a paste. While the kidney is cooking make a gill of savoury custard in the manner described in Menu vi.

Now, having four nicely fried slices of bread made very hot in the oven, lay over them the kidney paste, cover with the custard, and serve as hot as possible.

MENU XXVII.

(*Abstinence—Spring.*)

Potage à la bonne femme.

Filets d'anguilles à la tartare.

Saumon au riz à la Cingalèse.

Asperges au beurre.

Œufs à la neige moulés.

"Toasted cheese."

FRY four ounces of minced onions in a stewpan with two ounces of fresh butter over a low fire, without colouring the onion, for five minutes ; next add four ounces of well-picked sorrel-leaves, ^{1. Sorrel} an ounce of chervil, and about two ounces ^{soup} (maigre). of lettuce-leaves, all shredded, with a salt-spoonful of salt and one of castor sugar. Stir over the fire for five minutes more, and then mix in an ounce of flour ; cook this with the vegetables another five minutes, after which moisten by degrees with three gills of milk and three of water (warm), bring slowly to the boil, and simmer for thirty-five minutes. Break an egg into a small bowl (both white and yolk), beat it well, adding an ounce of butter. Take the soup off the fire, put a gill of it into the bowl with the egg, mix and melt the butter. Put four nice slices of French roll which have been dried in the oven at the bottom of the soup tureen, pour in the soup, stir into it the *liaison* from the bowl, and serve. Mind that the egg is thoroughly beaten, or flakes of the white will set when the soup is added to it and

spoil the appearance of the whole. For *bonne femme au gras* moisten with broth instead of milk and water.

Skin and clean an eel of about a pound in weight, cut it into pieces three inches long, put these into a stewpan, cover with fish broth, and simmer
 2. *Fried eels with tartare sauce.* for twenty minutes. Let the pieces of eel get cold in the broth, then drain them.

Wipe them dry, egg and bread-crumbs them, and then fry in very hot fat till of a golden brown colour. Dry well, and dish up on a napkin garnished with fried parsley. Tartare sauce should be sent round in a boat separately, for which see Menu xv.

A piece of salmon (say two pounds), should be procured for this. It will be found better to cut it into two nice slices than to cook it entire, and
 3. *Salmon with rice, Ceylon fashion.* to follow the process detailed in Menu xv. instead of ordinary boiling. When cooked lay the pieces of salmon under a weight on a flat dish, strain off the broth in which they were poached, and turn it to Cingalèse sauce by following the process given for Cingalèse soup (Menu iv.), but using half quantities. When required, heat the salmon up gently in the sauce; fillets of cucumber separately cooked may be served with it as a garnish, and rice boiled as in Menu iv. should accompany.

Boil the asparagus in salted water in a non-tinned vessel. If the bundle be placed upright in a frame according to Sir Henry Thompson's method, with the

green ends out of the water, so that they may be steamed while the stalks are boiled, so much the better. Drain thoroughly, and dish them upon a hot silver *légumière* with *beurre fondu* prepared as given in Menu xix. ^{4. Asparagus with butter.} accompanying. A slight sharpness imparted by lemon juice, tarragon, or anchovy vinegar is an improvement.

Butter a cylinder mould well, and dust finely powdered sugar over the surface of the butter. Whip the whites of four eggs with a pinch of salt to a stiff froth, then add to it by degrees ^{5. Snow-eggs in a mould.} two and a half ounces of sugar in fine powder, which has been flavoured with the zest of an orange or lemon. With this fill the mould, and steam gently in the manner given for banana pudding (Menu ix.). Finally, turn out the mould, pour a little custard into the dish round it, and serve. Any nice stewed fruit may be placed in the hollow of the mould.

For the real rarebit cut a slice of Welsh cheese made of sheep and cow's milk ; toast a piece of bread less than a quarter of an inch thick, so as to be quite dry and crisp, butter it slightly, and ^{6. Toasted cheese.} keep it hot while you toast the slice of cheese on both sides, but without allowing it to drip. As soon as this condition is attained lay it on the toast, and serve immediately, dusted over with "devil seasoning." A slice of fresh Gruyère is recommended for this. Let the toast be cut just a little wider and longer than the cheese.

MENU XXVIII.

(*Abstinence—Summer.*)

Julienne maigre.

Rougets au gratin.

Truite-saumonée :—salade.

Fonds d'artichauts à la Soubise.

Gelée à la belle alliance.

Coquilles de spaghetti.

WASH, scrape, and clean four ounces each of onions, leeks, carrots, turnips, and one of celery ; cut them into strips an inch long and the eighth of an inch thick. Melt four ounces of butter in a stew-pan, put in the vegetables, and stir them over a brisk fire until slightly coloured ; then moisten with a quart of warm water, season with a saltspoonful of salt and half one of pepper. Boil up gently now, and then simmer slowly for three hours. During the last half-hour put into vessel all finely shred an ounce of lettuce-leaves, the same of sorrel, and half an ounce of chervil. Skim carefully and serve.

Put two red mullet into a fireproof dish with a slight moistening of fish broth, with which a couple of tablespoonfuls of burgundy or claret may be mixed. Set the dish in the Dutch oven, protecting the fish with buttered paper for the first five minutes, then remove it and baste them

with their own liquid, and an ounce of melted butter. Serve in the dish in which they were cooked, their only sauce the juice around them. Let lemon quarters and brown bread and butter accompany them.

Choose a nice salmon-trout about a pound and a half in weight. Cook it entire in a bath of fish broth, to which a claret-glassful of chablis should be added. Let it get cold in the broth, ^{3. Salmon-trout with salad.} then take it out, and dish it on a flat silver dish upon a bed of aspic jelly, garnishing it with olives farcies, hard-boiled eggs, golden leaves of lettuce, little moulds of consolidated tomato *purée*, *croûtons* of aspic, and a fine sprinkling of garden-cress over all, a salad accompanying made of mixed cooked vegetables—new potatoes, carrots, and turnips, cut into quarter-inch squares, green peas, French beans in small diamonds, and asparagus points. Arrange the vegetables in a salad bowl or *légumière*, season them with salt, black pepper, and finely minced tarragon, and finally moisten with cold mayonnaise sauce. Much depends upon keeping summer salads cold.

For consolidated tomato *purée* take a pound of tomatoes and cook them as for the *purée* in Menu viii. till they begin to be pulpy, then mix with them an ounce and a quarter of moistened gelatine. Work this with the tomatoes till it is perfectly dissolved, then pass all through an hair sieve. For garnish this can be set in tiny darioles, and be turned out when required ; or it may be poured out upon a plate, and when firm patterns may be cut out of it with any neat fancy cutters.

Prepare four artichoke bottoms for an *entremets*, cooking them gently till tender. Let them get cold.

Now fill the hollows of the *fonds* with thickly reduced soubise, as in Menu xvi., omitting the tomato, smoothing it over

with the palette-knife, and dust over with grated Parmesan, moistening the surface with melted butter. Lastly, arrange the *fonds* in a *sauté*-pan with a gill of good broth round them, set them in the oven to heat up and take colour, then lift them with the palette-knife, dress them neatly in a *légumière*, and serve.

Pick about three dozen medium-sized ripe strawberries, wipe them carefully, spread them in a soup plate, dust a fine shower of castor sugar

over them, and sprinkle them with maraschino. Slice four peeled ripe bananas cross-wise, forming little discs about the size of

a shilling, and an eighth of an inch thick ; treat them exactly like the strawberries, dusting them with sugar and sprinkling them with maraschino. Choose a pint circular cylinder mould, preparing a jelly in the following manner :—Put three-quarters of an ounce of gelatine to soak. Beat the whites of two eggs, put them into a stewpan with a pint of water, the juice and peel of half a lemon, and an ounce and a half of sugar ; set over the fire, stir in the gelatine, using a whisk for the work, and continue to move the liquid until it comes to the boil. Now draw from the fire gently, let it rest ten minutes, and then pour it through a freshly scalded flannel ;

pour back, and strain again ; when thoroughly cooled add a sherry-glassful of maraschino. Do not use any colouring. Now set the mould upon a bed of crushed ice, pour in jelly liquid to the depth of a quarter of an inch ; let this set quite firmly, and then, having wiped the strawberries with a fine cloth, arrange them in a ring on the firm jelly, pour in more jelly, and set the ring of strawberries ; when firm, set a ring of the banana discs overlapping each other, set it with jelly, and then arrange a second layer of strawberries, completing the filling of the mould with the remainder of the jelly. Cover the mould with the lid of a stewpan with broken ice upon it, and let the jelly set quite firmly, turn it out when wanted, putting the whipped cream in the centre.

Boil two ounces of spaghetti in the usual way, and make a quarter of a pint of *sauce Milanaise tomatee* thus :—Make a *roux* with a quarter of an ounce of butter and a quarter of an ounce of flour ; when well mixed stir in a quarter of a pint of milk, adding a dessert-spoonful of grated Parmesan, and the same of tomato conserve or *purée* ; boil up, and pass through the hair sieve. Butter half a dozen silver or china scallop shells, fill them with the spaghetti cut up small, well diluted with the sauce, and seasoned with black or Nepaul pepper. Cover the surfaces with grated cheese, brush over with melted butter, bake till browned, and serve as hot as possible.

6. *Scallop shells with spaghetti.*

MENU XXIX.

(*Abstinence—Autumn.*)

Potage au chou émincé.

Sole à la Daumon.

Tranches de cabillaud aux huitres.

Céleri au gratin.

Omelettes à la Celestine.

Choux au fromage

MAKE a vegetable broth as described in Menu xxvii., substituting carrots, leeks, and turnips for the sorrel and lettuce. Strain as soon as the vegetables are cooked. Meanwhile (as the simmering is going on) take half a medium-sized cabbage, trim and cut it into four pieces, plunge them into boiling water, well salted, for five minutes ; drain, refresh with cold water, press out all moisture, and placing the cabbage pieces on a board, slice them into narrow shreds. This should be ready when the broth is strained. Bring the broth to the boil again, and then slip in the shred cabbage and simmer gently till the leaves are tender, when the soup can be served, the finishing touches being the yolk of an egg worked well with a tablespoonful of cream and a tablespoonful of grated Parmesan cheese.

Prepare and cook the sole in the manner described for Sole à la Colbert (Menu xiii.), but instead of filling the cavity with *maître d'hôtel* butter, do so with *beurre*

à la Daumon made in this way :—Melt half an ounce of good fish glaze, and stir it well in a bowl off the fire till it begins to get firm again, then mix with it two ounces of butter that have been softened in a wet cloth as for pastry-making ; when worked to the condition of a smooth paste finish with a teaspoonful each of minced parsley and tarragon.

2. *Sole à la Daumon.*

N.B.—Fish glaze—most useful in fish sauces—is obtained by boiling fish broth made from the cuttings of white fish until it is reduced to the consistence of an ordinary thick sauce. When cold this becomes consolidated like meat glaze.

Two nice slices of cod an inch and a quarter thick should be cooked in fish broth in the high-sided *sauté*-pan, as explained for salmon slices in Menu xviii. When done take them out with a slice, and set them on a dish under a weight. Prepare the oysters as in Menu xi., setting them on a plate, while with the broth in which they were cooked, and as much of that in which the cod slices were cooked as is needed to make up a pint altogether, proceed to make a sauce, using an ounce each of butter and flour for the *roux*. Bring this to the boil, and reduce by fast boiling by one-third, stirring continually. By this time it should coat the spoon well when the latter is lifted from it. Take it from the fire, pour it into a bowl, add the oysters cut into quarters, and let it get cold. Finish in this way :—Release the cod slices from the weight above

3. *Slices of cod with oysters.*

them, peel off the skin, and pick out the bone from each of them, then lift them with a slice and lay them on a dish that will stand the oven, which should be buttered beforehand; mask them with the sauce thickly, smoothing the masking with a palette-knife dipped in hot water, then slip the dish into the oven to heat up nicely, at which point serve.

Follow the process given for *céleri à la Flamande* in Menu xxii. in so far as the cooking of the vegetable is concerned, but after draining it from the
 4. *Celery in the oven.* broth finish as follows:—Choose a flat gratin-dish, arrange the celery upon it, with a few spoonfuls of the thickened *cuisson* (or broth in which it was cooked), strew grated Parmesan over the surface, set in the oven till thoroughly hot, and then serve, garnished with *croûtes* of nicely fried bread, or with biscuits made of the paste described in Menu xvi. for tartelettes à la Norvégienne.

This is a dish of little omelettes which, after being cooked, are taken off the omelette-pan flat, laid on a hot dish, spread over with apricot, straw-
 5. *Little omelettes à la Celestine.* berry, or other fruit glaze, as described in Menu x., then folded over, piled in a pyramid on a hot dish, covered with more of the glaze flavoured with rum, and sprinkled over with finely chopped pistachio nuts or almonds. Make the omelettes in this way:—Break three eggs whole into a bowl, add the yolks of two more, sweeten with a dessert-spoonful of castor sugar, add a pinch of salt, a dessert-spoonful of melted butter, and a tablespoonful

o. rum ; mix thoroughly, but do not beat the eggs overmuch. Divide the mixture into small portions by pouring it into little darioles. Melt an ounce of butter in the omelette-pan, when quite hot pour in a measure of the mixture, stir gently with a fork, then let it set, lifting it out with a slice on to a hot dish ; repeat the same process with all, and finish them as already described.

Put half a gill of water into a stewpan over a low fire with an ounce and a half of butter and a pinch of salt ; when the butter is melted take the pan off the fire and stir in three and a half *6. Puffs with cheese.* ounces of well-sifted flour ; work well, getting rid of all the lumps, then replace the vessel on the fire and stir the paste about until it leaves the side of the vessel, then take it off, stir in a well-beaten egg and an ounce and a half of grated Parmesan. Arrange this paste in balls the size of a golf-ball on a buttered sheet, brush them over with water, powder grated Parmesan over them, and bake in a moderate oven. When nicely risen, take them out, cool them slightly, open them, fill the hollows with very hot stewed cheese (Menu xiv.), cover again, and serve on a hot napkin as quickly as possible.

MENU XXX.

(*Abstinence—Winter.*)

Potage aux moules.
Eperlans farcis au gratin.
Turbot à la Parmentier.
Scorsonère en coquilles.
Croûtes aux abricots.
"Oyster toast."

WITH twopennyworth of fish cuttings make a quart of good broth, assisting it with vegetables and dried herbs, as has already been described.

1. *Mussel soup.* Procure three dozen mussels, choosing small ones. See that they are thoroughly scrubbed and freed from sand and seaweed, and cook them in the manner described at page 2. Pick the mussels from their shells, removing the hard beards from them, and lay them aside for garnish. Take the broth in which they were done, add sufficient fish broth to it to bring it to three half-pints; thicken this with three-quarters of an ounce of butter, and the same of flour; boil up, skim, and strain it into a bowl; warm up again, and finish with the yolk of an egg beaten up in a coffee-cupful of the soup, and all the picked mussels. Lemons cut into quarters may be handed round.

Prepare the smelts as recommended in Menu ii. Lay them in a row on a fireproof china dish, or on

a silver dish for gratins, which should be buttered and sprinkled with finely chopped parsley. Now brush over the upper sides of the smelts with beaten egg, and shake over them a nice ^{2. Baked smelts.} layer of *chapelure* (finely sifted brown crust raspings). Give this time to set, and then baste over with melted butter ; set the dish in the oven for about five or six minutes, and then serve the smelts in the dish, with lemon and brown bread and butter accompanying.

A nice cut of turbot having been procured, cook it in the manner described for haddock in Menu xv. Cover it closely on a hot dish, while you turn the broth in which it was poached to a sauce, ^{3. Turbot with potatoes.} using three-quarters of a pint of it, and reducing that by fast boiling to a pint. To this add a gill measure of pounded shrimps and a tablespoonful of cream. Remove the covering from the piece of turbot, put it on another well-heated dish, pour the saucc over it, and garnish it all round with a chain of potatoes shaped as, and about the size of, plover's eggs. These should be steamed in the patent rapid steamer, for if boiled they are apt to crumble.

Scorsonera, the black-skinned salsify, can be got in the winter if you order it beforehand, although it is far less common than the white. Never peel or scrape this variety, wash it well, ^{4. Black salsify in shells.} wipe it, boil, cool, and then peel it. Now bruise it with a silver fork, season, and moisten the pulp with good white sauce ; arrange this

in buttered scallop shells, dust finely sifted crumbs over them, bake till browned slightly, and serve. The delicate oyster-like flavour ought to be carefully preserved, so abstain from spice or sauces of commerce.

Cut out of a stale madeira cake a dozen round *croûtes*, two inches and a quarter in diameter, and a quarter thick. Fry these gently in butter till of a light golden colour, and set them aside to cool. As this is proceeding, make a gill of apricot glaze as described in Menu x., flavouring it with rum, brandy, or liqueur, as may be liked. Take a glass compote dish, arrange in the centre of it a neat pile of American preserved apricots ; having drained them carefully, wiped them, and dipped them in the glaze. Glaze the *croûtes* in the same way, and dress them round the little heap of fruit overlapping each other. Set this to get quite cold, while you reduce the syrup in which the apricots were preserved to the consistency of thin treacle, flavouring it with the liqueur used for the glaze. Pour this round the outside of the *croûtes*, and when quite cold the dish is ready.

A dozen sauce oysters will yield four nice toasts. Prepare them as explained in Menu xi. Turn the liquid to a sauce in the same way, reducing it till it coats the spoon, season with a pinch of mace and a dust of Neapolitan pepper ; put in the trimmed oysters, heat up without boiling, lay over hot fried *croûtes*, and serve. Some might like a squeeze of lemon-juice, so quarters of lemon might be laid on the dish.

5. *Cake
crusts with
apricots.*

6. *Oyster
toast.*

MENU XXXI.

(January or February.)

Potage à la Portugaise.

Grondin à la St. Malo.

Carré de veau aux choux de Bruxelles.

Crème aux macarons meringuée.

"Game toast."

FRY six ounces of finely minced Portugal onions in an ounce and a half of butter, till nicely coloured ; add an ounce of flour, mix, and stir in an ounce of glaze ; season with spiced salt, and ^{1. Portuguese} *soup.* moisten with a pint and a half of stock ; bring slowly to the boil, skim, simmer half an hour, pass through the hair sieve, finish with the yolk of an egg, and a tablespoonful of grated Parmesan.

Fillet the gurnard, using the trimmings for a broth for the sauce. Flour, egg, bread-crumb, and fry the fillets ; serve with neatly turned balls of potato in a circle round them, and this ^{2. Gurnard} *à la St. Malo.* sauce :—Half an ounce of butter, half an ounce of flour, a pint of fish broth, boiled up and reduced till as thick as cream, finished with a dessert-spoonful of minced picked shrimps.

Bone a neck of veal, use the bones with vegetables to make a broth. Stuff the inside of the neck with

veal stuffing, containing two ounces of small squares of fat bacon ; roll the joint up, and secure
 3. *Neck of* of fat bacon ; roll the joint up, and secure
veal with with tapes. Roast nicely, and serve gar-
Brussels nished with a circle of Brussels sprouts.
sprouts. Therèse sauce (see Menu ii.) would go
 well with this.

Butter a shallow china dish that will stand the fire,
 line it with macaroons, pour into the middle half a
 pint of almond-flavoured custard, made
 4. *Macaroon* with the yolks of four eggs. Whip the
custard with whites to a stiff froth, adding four ounces
meringue. of powdered sugar, and the zest of a lemon,
 lay this with a palette-knife over the surface of the
 custard, sprinkling powdered sugar and macaroon
 siftings over the surface. Bake in a very moderate
 oven till the meringue turns a golden tint.

Pick all the meat you can from any cold game.
 Break up and pound the bones, and out of them,
 with an ounce of glaze, vegetable and mush-
 5. *Game* room trimmings, make half a pint of game-
toast. flavoured broth ; give this a teaspoonful of
 marsala, half one of good vinegar, and half one of red
 currant jelly. Thicken with half an ounce of arrow-
 root, colour with Parisian essence, stir in the minced
 game, reduce till the mixture is thick enough to lie
 on the toasts without flowing over into the dish, then
 lay over the toasts, sprinkle with grated Parmesan,
 and serve very hot, Nepaul pepper accompanying.

MENU XXXII.

(February or March.)

Potage " Mulligatunny " maigre.

Limandes frites.

Poitrines de veau braisée.

Croûtes dorées.

Gougère au fromage.

THIS soup can be made upon either a fish or vegetable stock basis, both of which can be prepared with milk in part for the moistening. For the former see Menu ii., and for the latter Menu xxvii. ^{1. Mulligatunny} as amended by Menu xxix. — Melt an ^{maigre.} ounce and a half of butter in a stewpan, add four ounces of minced onion, fry over a low fire till pale brown, then stir in a tablespoonful of rice-flour, and a dessert-spoonful each of curry powder and paste ; continue frying for not less than twelve minutes, then begin to moisten with the broth, putting in a tablespoonful of desiccated coconut or ground sweet almonds, a dessert-spoonful of grated green ginger, a teaspoonful of red currant jelly, and the juice of half a lemon. Bring to the boil, simmer for twenty minutes, and then pass the soup through a hair sieve : finish with the yolk of an egg, and serve, boiled rice accompanying if liked. If provided with mulligatunny paste use a tablespoonful well filled instead of curry paste and powder, and if

only curry powder be in stock use a heaped-up table-spoonful.

Half a dozen dabs having been trimmed, dried, egged, and bread-crumbed, fry them in a good bath of fat till crisp, and golden coloured, then
 2. *Frica* drain, dry, pile on a hot napkin, dust over
dabs. with salt and serve. The best sauce is *beurre fondu*, with a squeeze of lemon or teaspoonful of anchovy vinegar. Brown bread and butter may also be sent round.

Bone a breast of veal, carefully picking out each bone separately, and wasting none of the meat. With the bones, assisted with a few vegetables,
 3. *Breast of* make a broth, adding an ounce of glaze.
veal braised. When this is ready strain, and use it with a gill of chablis or sauterne for the moistening of the breast. Cook in the manner explained for "*Gigot à la Bercy*" (page 14), and serve the joint with the broth in which it was cooked, skimmed and reduced, and a garnish of baked tomatoes.

Rasp the outer film of crust from a French roll, and slice it in rounds three-eighths of an inch thick ; lay these out on a flat dish and baste them
 4. *French* (assuming that there are eight or ten of
roll fritters. them) with half a gill of cream, sweetened slightly and mixed with the yolks of two eggs. Let them rest in this ten minutes, basting them all the time, then lift them up one by one, let them drip for a minute and afterwards roll them in finely rasped

ratafia powder, dry, and plunge into a bath of boiling fat, when a golden colour, drain, dry, and serve in a dish paper dusted over with castor sugar. Apricot syrup sauce flavoured with rum may accompany.

Put into a stewpan on the fire a gill and a half of water, two ounces of butter, and a saltspoonful of salt ; boil, take off the fire, and stir in two and a half ounces of flour, put this on the fire ^{5. Gougère} _{of cheese.} again, and work it vigorously till the paste leaves the side of the stewpan, take it off the fire, and cool it till only warm, stirring it about to expedite the process, then add, one by one, the yolks of four eggs and three ounces of grated Parmesan ; mix thoroughly, finish with the whites beaten to a stiff froth, pour the mixture into a buttered baking-dish, or soufflé tin, protected with buttered paper, and bake for about twenty-five minutes in a moderate oven. Serve as soon as it has risen nicely.

MENU XXXIII.

(*March or April.*)

Potage Camélia.

Truites à la meunière.

Entrecôte à la Tyrolienne.

"Prune pudding."

Biscuit à l'Ecoissaise.

FOR this a pint and a half of *clear* giblet or veal broth must be prepared. When ready boil up in it two tablespoonfuls of finely pulverised tapioca
1. *Camélia* (Groult's recommended), simmer for twenty-
soup. five minutes, and strain, add a finely cut garnish of young carrot, turnip, and French beans (in thin strips separately cooked) and serve.

Two or three little trout will suffice for this. After trimming the fish neatly wipe them, flour them, and lay them in a *sauté*-pan with a couple of
2. *Trout à* ounces of butter, melted. Cook them by
la meunière. turning them gently in the butter over a low fire till tender, then drain, and arrange them on a very hot silver dish ; cover them closely while you make this sauce :—Add a couple of ounces of butter, melted, to that left in the *sauté*-pan, keep this over the fire till it turns pale brown (*beurre noisette*), take it off the fire, stir in a paste made with a couple of well-pounded anchovies, and a dessert-spoonful of vinegar warmed separately before adding, finish with a dessert-

spoonful of finely chopped parsley, pour over the trout, and serve as *hot* as possible, or the butter will be greasy.

The *entrecôte* or "porterhouse steak" is to be carefully grilled over a clear but not too fast fire for twenty-five minutes, turned by tongs to preserve the gravy in the meat. It is to be served with a garnish of gratinated tomatoes, and, having been brushed over with glaze, masked with a mince made as follows:—Mince three ounces of onion, and fry this very gently in an ounce of butter, to soften but not to turn colour add half an ounce of flour, mix well and finish with two tablespoonfuls of tomato *purée* or French tomato conserve.

3. *Porterhouse steak à la Tyrolienne.*

Follow the recipe given for banana pudding, Menu ix., substituting cold stewed prunes, from which the stones have been removed, for the pieces of banana. If the prunes are prepared according to the recipe given at page 41, the flavour will be all the better. For the sauce:—Crack all the stones, and put them into a gill of syrup with the juice of a lemon, boil up, and simmer for ten minutes, strain, and finish with a liqueur-glass of cherry brandy.

4. *Prune pudding.*

These are devilled thin "Bath olivers," with a top dressing of neatly cut and grilled fillets of kippered salmon. See Menu ii.

5. *Biscuit with kippered salmon.*

MENU XXXIV.

(April or May.)

Potage à la Meissonier.

Filets de maquereau sauce fenouil.

Petits poulets à la fermière.

Croûtes aux ananas.

Bûchées aux anchois.

A pint and a half of good mutton broth having been made from a scrag end of the neck, strain, remove all fat, and thicken slightly with half an ounce of butter and half an ounce of flour. Pound four ounces of lean of cooked mutton to a paste, and pass it through a wire sieve ; add to it half its bulk of onion (cooked in the broth), which must be also passed through the sieve : mix the *purée* in a bowl, season it, and stir in the yolk of an egg beaten up with a dessert-spoonful of cream. Put the broth on the fire to heat up, pass the *purée* into it, stop just before boiling-point is reached, and serve with *croûtons* of fried bread.

Take the two sides of a mackerel off the bones entire, thus forming two pieces. Marinade these (Menu xix.) and ultimately broil them over a clear fire. Serve with a sauce made of half an ounce of butter, half an ounce of flour, and half a pint of water or fish broth ; sharpened with reduced vinegar (a teaspoonful boiled down from a

tablespoonful) flavoured with a dessert-spoonful of blanched and finely chopped fennel, and finished with the yolk of an egg.

Cut two spring chickens in halves, season them with pepper, salt, and powdered rosemary. Take a *sauté*- or *fricandeau*-pan with high sides, butter it liberally with two and a half ounces of 3. *Spring chickens à la fermière.* butter, lay the half chickens in it, putting round them a mince (three ounces each) of new carrots, turnips, and French beans, the same of onion, with a bouquet of herbs; season over all with spiced pepper. Cover the pan closely, and keep over a low fire for five minutes. After that push the pan into the oven and cook for three-quarters of an hour without touching the vessel. Dish the birds surrounded with the vegetables, add to the liquid in the *sauté*-pan an ounce of melted glaze and a sherry-glass of chablis, mix, boil up, add a teaspoonful of minced tarragon, pour over the birds and serve, with a nice salad.

Out of stale Madeira cake, cut neat rounds, two and a quarter inches in diameter and a quarter of an inch thick, fry a golden colour in butter, drain and dry them: stamp out of a preserved 4. *Cake croûtes with pineapple.* pineapple a similar number of rounds of the fruit a little thinner. Boil all the trimmings with the syrup of the pineapple, and a glass of rum, strain, press out all moisture, and then reduce the syrup till it is nearly as thick as treacle. With this glaze the *croûtes* and the pieces of fruit, and dish them

overlapping each other in a circle the centre filled with whipped cream.

Make six little cups in *bouchée* moulds with the paste given in Menu xvi. Heat them in the oven at the time required, and fill with this mixture :—

5. *Little* Pound four fillets of anchovy with the
patties with yolks of four hard-boiled eggs and an
anchovy. ounce of butter till you have a paste ; season this with a dust of salt, mace, and Nepaul pepper, melt a quarter of an ounce of meat glaze, stir to it a tablespoonful of good broth, mix in the paste, moisten with sufficient broth to cause the mixture to come to the consistency of mayonnaise sauce, and when quite hot fill the cups, dusting grated Parmesan over them.

Royale custard for garnishing soups :—Break two eggs and put the whites into one basin and the yolks in another : season with white pepper and salt, add a tablespoonful of cream to each, mix well, and pass both through a hair sieve, putting them afterwards into two small shallow pans which must be buttered before the mixture is poured into them. Steam gently in a covered pan till set, then let them get cold, turn them out on a plate, and cut any shapes out of them that may be desired. Greening can be added to one of the custards before steaming if that colour be desired.

MENU XXXV.

(May or June.)

Potage Jacqueline.

Saumon mariné.

Longe d'agneau aux petits pois.

Compote de figues.

Ramequins à la Bombay.

THICKEN a pint and a half of broth (made from six-pennyworth of chicken giblets, and one pound of veal stock meat, with vegetables in proportion), using three-quarters of an ounce of arrow-root for the operation ; pass through the hair sieve, stir in the yolk of an egg beaten up with a tablespoonful of cream, two ounces of boiled rice, and four tablespoonfuls of separately prepared spring vegetables shaped in small dice or little balls. 1. *Jacqueline soup.*

Lay over the bottom of a glazed earthenware pan, a bed of sliced onions, carrots, turnips, and parsley-leaves ; upon that put a slice of salmon, say about a pound and a quarter in weight, cover this with more slices of vegetable, and moisten just sufficiently to cover the fish with vinegar, and white French wine in equal proportions. Set this over a moderate fire, and immediately boiling shows itself, stop. Let the fish grow cold in its *cuisson*. When to be served, take out the piece of salmon, peel off the skin, place it on a flat 2. *Mari-naded salmon.*

dish, moisten with some of the *cuisson*, garnish round with cold cooked potato, rounds of cold cooked cucumber, and lemon ; scatter finely minced chives, chervil, tarragon, and garden-cress over, and serve as cold as possible, with green mayonnaise sauce.

Roast the loin of lamb, and serve it with new potatoes, green peas, and this sauce :—*Sauce citronnée* :

3. *Loin of lamb with peas.* With half an ounce of arrowroot thicken a pint of *clear* broth, add the juice of half a lemon, a teaspoonful of red currant jelly, and a sherry-glass of chablis or sauterne.

Finish with the finely peeled rind of the lemon which (cut into thin shreds) have been blanched for five minutes in boiling water.

Green figs not ripe enough for dessert make a nice *compote* if gently stewed in plain syrup flavoured with kirsch. Serve in a glass dish, cold,
4. *Compote of green figs.* pour the syrup over them ; cream may accompany. A squeeze of lemon-juice improves the syrup.

This variety of *ramequins* is made with powdered Bombay duck instead of checse. Lay the dried fish

5. *Bombay ramakins.* on a wire drainer in the oven, take them out before they burn and dry them.

When cold they will be crisp enough to pound and sift. For the rest please follow the recipe given in Menu xvii.

MENU XXXVI.

(*June or July.*)

"Water-zootjé."

Blanquette de veau.

Salade de homard.

Petits crèmes Anglaises aux fraises.

Croûtes creuses à l'Hollandaise.

THIS is an excellent summer dish—soup and fish combined. Choose about a pound and a half of small fish : eels, whiting, flounders, or slips—any two of the four varieties given will do, in fact ^{1. *Water souchy.*} with *one* sort only a nice *zootjé* can be made, but fish cuttings for broth should be got also. Fillet the fish neatly in small fillets ; set these aside, and put the whole of the remnants, heads, skin, bones, fins, and trimmings, into a stewpan, adding for each pound weight of such stock-stuff one good-sized onion (four ounces when trimmed) sliced thinly, a handful of curled parsley shredded, a tablespoonful of strips of parsley-root about an inch long, a dessert-spoonful of horseradish shavings, twelve peppercorns, a good teaspoonful of salt, and a pinch of mace or mixed spice ; cover with cold water, bring slowly to the boil, skim, then simmer slowly for an hour, and strain. Into this hot broth (using another stewpan for the operation) put the fillets with six freshly cut bunches of parsley (which should be previously blanched for three minutes in scalding water) and simmer gently for

about ten minutes until the fillets are tender. Now empty the contents of the pan into a deep dish, and serve with thinly sliced brown bread and butter. A spoon and fork will be required by those who take this dish.

A *blanquette* of veal is the nearest relation of a *fricassée* of chicken. The breast is the part to use :

2. *Blan-* cut it into two and a half inch squares, lay
quette of them in a stewpan, season with salt and
veal. pepper, and just cover with warm water ;
place the pan over a moderate fire, and
when just on the point of boiling, stop, drain off the
water, refresh the meat with a *douche* of cold water,
replace it in the stewpan, and moisten with good
broth ; bring slowly to the boil, skimming carefully,
and then add six ounces of onion, the same of turnip,
and a *bouquet garni*. Simmer now until tender, then
take the pan from the fire, drain off the broth, skim it,
lay the pieces of meat on a dish, and trim them neatly ;
turn the broth to a white sauce with an ounce of butter
and an ounce of flour, give it a flavouring with mace,
pass it through the hair sieve, mix into it the yolks of
two raw eggs, moisten the meat with it, placed on a
clean stewpan, heat up gently, but without actual
boiling, and serve. Mushrooms as a rule accompany
a *blanquette*, in which case the peelings are cooked
with the stew, and the mushrooms themselves in the
sauce, thus flavouring it nicely.

Follow the advice given for salmon-trout in Menu xvi., substituting a lobster for the trout—*i.e.*, boil your

lobster yourself a quarter of an hour or so in good fish broth and a glass of chablis. The dressing, however, cannot be too plain—i.e., vinegar, oil, and seasoning. Rich creamy *mayonnaise* ^{3. Lobster salad.} is out of place here. Let the dressing be done *à point* as the French cook says—no soaking—garnish neatly with the driest and freshest salading, broken aspic, and the adjuncts given for the salmon-trout salad accompanying.

For six darioles take half a pint of boiled milk, turn this to a custard with four whole eggs, stirring in half an ounce of gelatine, cool, and whip it, adding a gill of whipped cream. Set ^{4. Custard creams with strawberries.} the moulds in crushed ice, and set ripe strawberries cut into neat pieces in layers with the custard. Turn out when required, and serve. A cold strawberry syrup sauce flavoured with maraschino may accompany.

For these, half a dozen little hollowed *croûtes* of fried bread will be wanted. Keep them hot in the mouth of the oven while you make this mixture :—To one gill of Hollandaise sauce ^{5. Cheese in cases à la Hollandaise.} add two tablespoonfuls of grated Parmesan, fill the *croûtes*, and set in the oven just long enough for the surfaces to take a slight colour, and serve immediately.

MENU XXXVII.

(*July or August.*)

"Mulligatunny" clair.

Tranche de saumon grillée.

Soufflé de volaille.

Ragoût de mouton au riz.

Beignets de pêches.

Duchesses au Gruyère.

SET a pint and a half of good stock on the fire, and boil up slowly, with a muslin bag containing :—half an ounce of coriander seed, half an ounce of fenugreek, a quarter ounce of cardamoms, a teaspoonful of grated green ginger, and a clove (uncut) of garlic. As soon as it is well flavoured, remove the soup from the fire, take out the muslin bag, cool the soup, and proceed to clarify it with eight ounces of raw beef. Serve with lemon cut into quarters.

Wrap a slice of salmon cut from the middle of the fish in a well-buttered paper, and grill it. Serve with *sauce Hollandaise* finished with finely grated horseradish—a dessert-spoonful to half a pint.

Mince, pound thoroughly, and pass through the hair sieve six ounces of cold cooked chicken, with an ounce of butter. With the bones well bruised and

broken, assisted with a proper proportion of vegetables, a good broth should be made, out of which three-quarters of a pint of white sauce can be managed. Strain, and reduce this till ^{3 Chicken soufflé.} it coats the spoon, then mix a gill of it into the chicken *purée* in a bowl letting it get cold. Now add one by one the yolks of three eggs, mixing thoroughly ; lastly, pass into it the well-whipped whites of the eggs, put the mixture into a well-buttered baking-dish or *soufflé*-tin protected with paper, and bake in a moderately hot oven for twelve or fifteen minutes. Serve as soon as it is risen.

This *ragoût* should be made exactly on the lines of *ragoût de mouton aux navets* (Menu xxv.), ^{4. Mutton ragoût with rice.} being ultimately served within a border of well-boiled rice (Menu iv).

See Menu xxv., as far as the making of the batter and the trimming, marinading, and cooking the fritters are concerned. But if it be unripe the fruit must be gently stewed in syrup ^{5. Peach fritters.} till soft without being pulpy, then allowed to get cold, and trimmed as directed.

Make the paste described in Menu xvi. Roll it out half an inch thick, stamp out of it rounds the size of a five-shilling piece, prick them with a fork, and lay them on a buttered ^{6. Cheese duchesses.} tin, bake till just colouring, then take them out, cover their surfaces with cheese melted with butter to a cream, and serve at once.

MENU XXXVIII.

August or September.)

Potage Eliza.

Crème de plie.

Côtelettes de mouton grillées.

"Grouse" salmis.

Soufflé au chocolat.

Croquettes à la chasseur.

THE basis of this soup should be fowl broth made out of giblets, or carcasses of poultry, the best meat of which has been used for *entrées*—the bones and
1. Eliza *débris* of a cold turkey will yield a well-
soup. flavoured broth, veal scraps would assist, and vegetables must be allowed in the proportion already mentioned. Thicken a pint and a half of this kind of stock, and finish it with the yolks of a couple of eggs beaten up in a coffeecupful of the soup, and two handfuls of sorrel which have been blanched, shredded, and gently cooked in broth with a pinch of salt and sugar for twenty minutes.

The best way of cooking a plaice. A small one will do, eight ounces of flesh being all that we require. Take this off the bones and remove the
2. Cream of *skin.* Pound the flesh in a mortar well,
plaice. adding two ounces of panada, and two of fat of ham or butter; pass all through the hair sieve into a bowl, mixing in two whole eggs and one yolk

besides, with a tablespoonful of cream. Mix thoroughly, fill a well-buttered half-pint mould (or six little darioles), and steam in the manner described, page 45. Turn the mould out and serve with a sauce made as follows :—

With the bones and head of the plaice make half a pint of fish broth. Omit the skin. Strain this off ; put it on the fire, stir in a teaspoonful of arrowroot and half a pound of cut-up ripe tomatoes, with a sprig of basil, boil, simmer for ten minutes, pick out the basil, and pass the sauce through a hair sieve.

Five or six nice cutlets from the best end of a neck of mutton. Cut them with a bone to each as thickly as you can. Bat them lightly. Grill four minutes on one side and three on the other over a clear fire, and serve with a *purée* of turnips to which a spoonful of cream may be added.

3. *Grilled
mutton
cutlets.*

To cook an old bird :—Partly roast the grouse before a fast fire, basting well with melted butter and bacon fat ; take the bird away as soon as it has browned nicely, and let it get cold. When cold, remove the wings, breast, and legs, and trim each piece as neatly as possible, removing the skin from it. Take all the trimmings and put them with the carcase, chopped up, into a stewpan ; add a slice of ham, also cut up and put in four ounces of onion, a bouquet of sweet herbs, two cloves, the least bit of cayenne, and a saltspoonful of salt ; add a sherry-glassful of marsala and as much broth as will just cover the contents of the saucepan. Set it to boil and simmer for a couple of

4. *Salmis of
grouse.*

hours, strain off the liquid, and, when quite cold, take off all fat. In a separate saucepan make a *roux* with one ounce of butter and one of flour, and proceed to thicken the broth. Let it get cool, put the pieces of the birds into it, and let the whole rest for at least an hour, marinading, as it were, so that the meat may be well flavoured. When the time of serving arrives, place the vessel containing the *salmis* over a low fire, and let it gradually become hot, simmer gently till tender, adding to it a dessertspoonful of marsala and a teaspoonful of lemon or orange-juice. Arrange the pieces of game neatly in a hot silver dish, and pour just enough of the sauce over them to glaze them, serving the remainder in a hot sauce-boat.

Put into a quart stewpan three ounces of flour, an ounce of sugar, and two large tablespoonfuls of grated sweet chocolate, a small pinch of salt, and a saltspoonful of vanilla essence. Mix well with three gills of cold milk, and keep stirring over the fire till boiling. When quite smooth take the pan off the fire, and stir in one by one three yolks of egg, when well mixed add the whites beaten to a stiff froth ; pour into a buttered paper-lined tin, and bake in a moderate oven for twenty minutes.

5. *Chocolate
soufflé.*

Mix about four ounces of minced cooked ham into a gill of strongly reduced brown sauce. Stir into this the yolk of an egg, and heat the mixture over the fire without boiling. Then empty it into a soup plate, let it get cold, and proceed as for Milanaisé croquettes, Menu xiii.

6. *Ham
croquettes.*

MENU XXXIX.

(September or October.)

Potage à la Réunion.

Croquettes de homard à la militaire.

Côtelettes à la Catalane.

Perdreaux.

Pétits crèmes au caramel.

Coquilles à la Turque.

THICKEN a pint and a half of good fish broth slightly with half an ounce of butter and half an ounce of flour ; stir in a well-pounded *purée*, composed of four ounces of cooked whiting, the yolks of ^{1. Réunion} two hard-boiled eggs, two fillets of anchovy, ^{soup.} and a tablespoonful of cream. Season with salt, pepper, and a pinch of mace, boil, pass through the sieve, heat up, and finish with a tablespoonful of picked shrimps.

Line half a dozen patty-pans with a paste made of well-mixed warm *purée* of potatoes prepared as for *duchesses*, Menu xiv., leaving a hollow in the centre of each. Fill these with finely ^{2. Lobster} minced lobster moistened with strongly ^{croquettes à} reduced *béchamel* sauce, and cover the sur- ^{la militaire.} faces with potato, fixing the edges firmly. Let these get cold. When wanted, turn them out of the moulds, flour them, dip them in beaten egg, crumb them with fine crumbs, and fry a golden yellow in very hot fat. Serve with fried parsley.

These cutlets are cooked in the same manner as *Côtelettes à la Nelson*, Menu xviii., but the covering thick sauce is made of half a pint of thickly reduced white sauce, into which a table-spoonful of ham, one of minced mushroom, and one of grated Parmesan have been mixed.

3. *Cutlets à la Catalane.*

4. *Roast partridges.* Roast the birds very carefully, in front of the fire of course, and serve them with bread-crumbs, gravy and almond sauce.

Boil and cool half a pint of milk ; turn this to a good custard with four whole eggs, sweeten with two ounces of sugar which have been turned to caramel by being heated over the fire till as brown as chocolate. Put this into plain darioles, and steam them gently for fifteen minutes. When set, let the custards get cold, turn them out, and serve with a little cold caramel syrup poured over them.

5. *Caramel custards.*

Mince up two ounces of cold cooked fowls' livers : moisten with a gill of brown sauce and half one of tomato *purée*, stir in two tablespoonfuls of well-boiled rice. Put the mixture into buttered scallop shells, dust Parmesan and crust raspings over their surfaces, dilute that with melted butter, and bake till of a nice brown colour. Serve as hot as possible.

6. *Liver and rice scallops.*

MENU XL.

(October or November.)

Potage à la garde de chasse.

Harengs frais farçis.

Tête de veau au gratin.

Beignets de crème pralinée.

Biscuit à la Yarmouth.

MAKE a pint and a half of a game-flavoured broth, using the bones of cooked birds, birds that have been badly shot, or the bones and the giblets of a pheasant. Clarify this; thicken with half ^{1. Game-keeper's soup.} an ounce of Groult's fine tapioca, simmer twenty-five minutes, and serve garnished with a nice assortment of turned vegetables.

Treat four fresh herrings in the manner explained for *éperlans farçis au gratin* ^{2. Fresh herrings boned and baked.} (Menu xxx.), and serve with horseradish sauce.

Prepare half a calf's head as described in Menu xx., set it under a weight, and let it get cold. When to be dressed, trim it neatly, brush over its upper surface with well-beaten egg, shake a layer ^{3. Calf's head baked.} of finely sifted raspings over this, and let the coating set; then put it on a dish that will stand the oven, moistened with a couple of gills of the broth in which it was cooked, push it into the oven to heat thoroughly, and for the surface to brown nicely,

basting with melted butter to assist that object. When done, serve garnished with baked tomatoes, and mushroom sauce.

Make two ounces of powdered *praline* in this manner :—Melt three ounces of castor sugar over a low fire, stir till it turns brown, then mix in two ounces of finely chopped almonds : stir well, and when a rich colour empty the contents of the pan on a slab or tin. It will soon harden ; then pound it to powder and use. With this flavour a custard prepared as for *crèmes au caramel*, steam this in a mould till firm, and let it get cold. Then turn it out, cut it into pieces, say two inches long, three-quarters of an inch wide, and a quarter of an inch thick. Dip these in the batter described in Menu xxv., and finish as in the case of banana or peach fritters. Serve in the same manner.

Out of a couple of bloaters which have been skinned and boned, trim four nice fillets, saving the roes. Fry the fillets, lay them on four devilled biscuits, with a piece of the roe separately fried, brush over with melted glaze, and serve as hot as possible.

MENU XLI.

(November or December.)

Potage à l'Irlandaise.

Merlans farcis au gratin.

Faisan à la Wyvern.

Salade à la chasseur.

Crème Anglaise au café.

Petits soufflés à la Curé.

Put an ounce of butter into a stewpan, melt it over a low fire, and then add four ounces of shredded leeks, fry gently till about to take colour, then stir in half an ounce of flour; mix ^{1. Potato} and moisten with a pint and a half of ^{soup with} _{leeks.} mutton broth; as this is cooking pass into it four ounces of well-mashed cooked potato, season with salt, pepper, and a pinch of mace; boil up, and pass all through the sieve. Warm the *purée* up again, finishing it with the yolk of an egg beaten up in a coffeecupful of milk. Serve with fried *croûtons*.

Make a farce as follows for two good-sized whiting:— Twopennyworth of picked shrimps, two fillets of anchovies finely minced, two ounces of bread-crumbs, a seasoning of salt, pepper, ^{2. Stuffed} and mace, and a well-beaten egg. With ^{whittings} _{baked.} this fill the whittings, and cook them as explained for *merlans sur le plat*, Menu xiv.; serve on the dish in which they are cooked.

The point here is to stuff the inside of the pheasant after cleaning it with chicken's livers, each rolled in a thin slice of streaky bacon, to season with pepper, salt, and powdered rosemary, and sew up the vent. Roast the bird in front of the fire, basting with butter, and setting a piece of toast to catch the dripping towards the end of the roasting. Serve the bird on this. Let brown gravy and cashu nut sauce accompany. Make the sauce exactly like almond sauce, Menu i., substituting Indian cashu nuts.

Procure half a bundle of seakale, one root of celeriac, and a good handful of *barbe de Capucin*. Boil the seakale carefully, drain, and let it get cold ; with a small scoop turn as many balls of celeriac as the root will yield ; cook them till tender also. Then arrange the seakale in a bowl with the balls of celeriac round it, sprinkle with salt, white pepper, and tarragon vinegar, moisten with a gill of cream, and garnish the surface with the *barbe*. A simple yet excellent winter salad.

This is a steamed custard pudding made exactly like *crème au caramel*, but the milk should be flavoured in this way :—Roast four ounces of coffee-berries in a *sauté*-pan lubricated with half an ounce of butter. Boil the milk, pass the newly roasted berries into it, and let them thus soak in a warm place for about an hour. Strain then, and turn the milk to a custard, sweeten as may be liked, and steam in a mould. Serve either

hot or cold. A better flavour is got in this way than with liquid coffee : use Mocha coffee.

Make these on the same lines as *ramaquins en caisses*, Menu xvii., but vary the mixture as follows :—
 Three ounces of bread-crumbs soaked in milk, and two ounces of smoked cod's roe, ^{6. Little} pounded in a mortar with two ounces of ^{soufflés with} ~~cod's roe.~~ butter, two yolks added, a seasoning of pepper and mace, and, lastly, the stiffly whipped whites. Bake in cases.

MENU XLII.

(December or January.)

"Scotch broth."

Brochettes aux huitres.

Longe de porc au chou-frisé.

Sauce Suédoise.

Pommes au rhum.

Rissolettes de gibier.

FOR a strong broth take a pound and a half of neck of mutton weighed after trimming off the fat, cut this up into small pieces as for a *ragoût*, put them into a stewpan, and moisten with a pint and a half of cold water ; add two ounces of pearl barley and half an ounce of salt. Bring slowly to the boil, skimming very carefully, and when clear add four ounces each of carrots, turnips, leeks, and onions all cut up into little squares, one ounce of celery minced, a sprig of parsley, and sweet herbs, with a dozen peppercorns. Simmer for two hours, skim, and serve. The meat may be either wholly or partly removed, according to taste.

Choose two dozen large oysters for this, and cook them as already explained (page 52). Let them get cold, then open each as you would a kidney, brush the cut surface with a beaten egg, lay on it a fine mince of parsley and mushroom, close them, and thread them one after another on very thin wooden skewers with

1. *Scotch
broth.*

2. *Little
skewers of
fried oysters.*

a thin piece of cooked streaky bacon between each. Dip the packed skewers into frying batter (page 68), fry in boiling fat, and after draining them serve the *brochettes* on a hot napkin.

It will be found advantageous before roasting to bone the loin, and stuff it with properly made duck stuffing. Garnish with well-cooked savoy cabbage, pressed, and cut into neat squares; and serve with clear brown gravy.

Sauce Suédoise is made in this way :—Weigh four ounces of uncooked apples after paring and trimming. Cut them up and simmer them in enough chablis to cover them till tender, reducing the whole of the wine in the process. Pass the apples through the sieve and put the *purée* into a bowl, let it get cold, adding an equal quantity of finely grated horseradish; to this add a gill of *mayonnaise* sauce, mix thoroughly and serve.

Cut four large apples in quarters, peel, and core them. Blanch them for a minute in boiling water, drain, and lay them on a buttered *sauté*-pan, moisten them with a gill of plain syrup, and squeeze a lemon over them. Cover the pan, and cook the apples very gently over a low fire without doing them to a pulp. Then arrange them on a dish, add a liqueur-glass of rum to the syrup in the *sauté*-pan and two tablespoonfuls of apricot jam, boil up, and pour this over the apples. Good either cold or hot with rice if liked.

Make a mince of game as described for game toast in Menu xxxi., lay teaspoonfuls of this on rounds of paste made in the manner described 6. *Game* (page 78). The rounds should be about *rissolettes*. two and a half inches in diameter and rolled quite thin : fold the paste over, wet the edges, pinch them together, and fry the cocked-hat-shaped *rissolettes* in very hot fat, drain when they turn a golden colour, dry, and dish on a hot napkin.

MENU XLIII.

(January or February.)

Potage à la Conti.

Huitres gratinées.

Fricandeau aux choux de Bruxelles.

Celeri à la moëlle.

Crème aux pommes.

Fondue à la Savarin.

INTO a pint and a half of good *game* broth, made from scraps and bones, stir three gills of red lentil *purée* till boiling, then simmer very slowly for an hour. Serve garnished with boiled celery leaves, and *croûtons*.

1. *Red lentil
soup à la
Conti.*

Prepare two dozen sauce oysters, as explained at page 52, and cut each into four pieces. Make a good gill and a half of sauce with the oyster liquid and broth, thickened and enriched with a dessert-spoonful of cream : put the oysters into this, and pour it into a buttered *légumière*, adding two ounces of chopped cooked mushrooms, strew the surface over with raspings, heat gently in the oven and serve, brown bread and butter and lemon accompanying.

2. *Oysters
baked.*

A nice piece of the fillet or cushion of veal should be chosen for this. Lard and cook it in the manner given for the steak, page 42, and serve in the same way, surrounded by well-boiled Brussels sprouts.

3. *Frican-
deau with
Brussels
sprouts.*

Cook two or three heads of celery as in Menu xxii., using broth instead of milk. Thicken the *cuisson* with *roux*, tint it brown with caramel, and add an ounce of glaze to it. Dish the celery with some of the sauce poured over it, and six little tartelettes round it, made as given at page 78, filled with beef marrow, which should be prepared as for marrow toast, page 91, moistened with a few spoonfuls of the broth and served as hot as possible.

Prepare six apples as in Menu xlii., keeping them firm and flavouring the syrup with rum. Let them get cold, and with them make a pudding, following the recipe for "banana pudding" in all other respects. Use the syrup in the sauce.

This is simply a preparation of buttered eggs, cooked very gently, and kept in a creamy, by no means lumpy state, to which grated Parmesan or Gruyère is added with a tablespoonful of cream to finish with. Serve upon crisply fried bread *croûtes*. Proportions: an ounce and a half of fresh butter and three whole eggs, two good tablespoonfuls of the cheese.

MENU XLIV.

(February or March.)

Potage Saint Germain.

Eperlans à l'Indienne.

Pâté de lapereau.

Beignets d'orange.

Biscuits à la Livournaise.

FRY together in butter three ounces each of onion, carrot, and turnip, all finely minced with the peelings and trimmings of a quarter pound of mushrooms. Before turning colour moisten ^{1. St. Germain soup.} with a pint and a half of warm white broth slightly thickened, boil up, skim, and simmer twenty-five minutes, then pass all through a hair sieve. Garnish with preserved peas and a few pieces of the custard described at page 146.

The point here is to choose twelve small smelts and pass fine silver or wooden skewers through the eyes of six of them, thus threading them together, as it were, and forming two lots. Dip ^{2. Smelts on skewers the Indian way.} them in milk with which a teaspoonful of turmeric powder has been dissolved, and flour them with flour tinted yellow with turmeric. When this has dried, fry and serve in the usual way.

It is better to bone the rabbit and set its bones, to make with vegetables and seasoning a really strong

broth for the moistening of the pie. An ounce of glaze and a glass of marsala will improve it. Line the pie-dish with twelve ounces of fillet of
 3. *Rabbit*
pie. veal, prepared exactly like the rolls of beef, page 121, and the rabbit over these, and finish in the same way. Half a gill of the broth may be added after the baking through the hole in the top of the crust.

Orange fritters should be made like banana fritters, page 117. Peel and scrape the fruit, divide it into its natural quarterings, with the point of a
 4. *Orange*
fritters. sharp knife make a small incision and squeeze out the pips : then marinade the orange in curaoa, dusting finely sifted sugar over them. Dip in the batter given page 10, and fry as in the recipe first quoted.

Moisten one finely minced hard-boiled egg, two tablespoonfuls of chopped olives, and two of chopped anchovies, with half a gill of good brown
 5. *Ham and*
olive biscuits. sauce and half a gill of tomato *purée* ; stir over the fire till thick, and then spread on devilled biscuits, dusting Parmesan cheese over their surfaces. Serve very hot.

MENU XLV.

(*March or April.*)

Potage à la Bolonaise.

Soles au four.

Noisettes de mouton à la gendarme.

Macaroni fourré aux huîtres.

Biscuits Génois.

Sardines à la Toscane.

SLIGHTLY thicken a pint and a half of good chicken giblet broth with three-quarters of an ounce of butter and the same weight of flour, stir in two tablespoonfuls of ground sweet almonds, ^{1. Bologna} bring to the boil, and simmer for twenty ^{soup.} minutes ; then pass all through the hair sieve, and serve with grated Parmesan and plainly boiled rice.

Remove the black skin from a good-sized sole, and on that side make an incision a quarter of an inch deep down each side of the back-bone. With a pair of scissors trim off the small ^{2. Baked} bones all round the fish, then flour it, dip ^{sole.} it in a well-beaten egg, and roll it in a cloth strewn with finely sifted white crumbs. Let this dry, after which place the sole in a well-buttered *gratin*-dish and cook it in the Dutch oven, basting it well with the butter. Serve on a hot dish, and having added a tablespoonful of chopped parsley and the squeeze of a lemon to the butter, pour it over the fish.

Cut the *noisettes* from the meaty part of a loin of mutton ; they should be three-quarters of an inch

thick and two and a half inches in diameter. Grill them as you would fillets of beef and serve with this

3. *Mutton fillets with gendarme garnish.* garnish :—Trim two dozen pieces each of young potatoes, carrots, and turnips, two inches long and as thick as a drawing-pencil, pointing the ends of them. Blanch these for five minutes in boiling water, then drain them and put them into a stewpan with two ounces of butter, putting the carrots in first, then the potatoes, lastly the turnips. Cook them over a low fire, seasoning with salt, pepper, and a dust of sugar. When tender drain and serve in the centre of the dish of *noisettes*, with a tablespoonful of melted glaze poured over them.

Prepare four ounces of macaroni, as given for spaghetti, page 59, but instead of the preparation there described use a dozen and a half sauce

4. *Macaroni with oysters.* oysters, prepared as for oyster sauce, page 52 ; put this in the hollow, cover with macaroni, and finish like the spaghetti.

Take the weight of four eggs in flour, butter, ground almonds, and sugar. Work the eggs and the sugar in a bowl first with a wooden spoon ;

5. *Genoise biscuits.* when well frothed add the flour, the almonds, and butter melted but lukewarm, also a tablespoonful of brandy, bake in buttered tartelette moulds and serve masked with apricot glaze (page 50).

Follow the recipe for devilled sardines (page 109), but mix with the brown glaze a dessert-spoonful of finely minced olives, dusting grated Parmesan over all.

6. *Sardines with olives.*

MENU XLVI.

(April or May.)

Purée de pois verts à la Royale.

Filets de turbot à la Morny.

Caneton à la Seville.

Petits pois au jambon.

Crème de ratafias au marasquin.

Canapés à la Véronaise.

PREPARE a pint and a half of clear *bouillon*, and garnish it with a custard à la Royale, made as follows :—Mix one gill of green peas *purée* with two beaten eggs and a tablespoonful of cream, pour into a well-buttered shallow mould and steam till set. When cold cut into neat pieces for garnish.

1. Clear soup
with green
pea custard.

Out of a nice piece of turbot trim the number of fillets required and cook them in the manner described for dory, page 52, arrange them when cooked on a *gratin*-dish, thicken and reduce the *cuisson*, mask them with it, and dust over all a fine layer of grated Parmesan, heat thoroughly in the oven, and serve.

2. Fillets of
turbot à la
Morny.

Roast the duckling and send up this sauce with it. Thicken three gills of *clear* broth with half an ounce of arrowroot, stir in the juice of an orange and half that of a lemon, add a dessert-spoonful of chablis, and garnish with the

3. Duckling
à la Seville.

finely peeled skin of the orange and lemon cut into thin shreds, after blanching for five minutes in boiling water. Let orange salad (page 58) accompany.

To a pint and a half of well-boiled peas
 4. *Green peas* add three tablespoonfuls of minced cooked
with ham. ham, stir together, and send round with the duckling.

Beat in a bowl three whole eggs and one yolk with two ounces of sugar, and the zest of a lemon using a whisk : when frothy add by degrees a gill
 5. *Ratafia* of milk and two ounces of ratafias, softened
cream with to a pulp with milk. Pass all through a
maraschino. hair sieve, and stir in two tablespoonfuls of cream, adding lastly three-quarters of a sherry-glass of maraschino : put into a well-buttered border mould, and steam for half an hour. Let the pudding get cold in its mould, then turn it out, garnish with fresh strawberries that have been sprinkled with maraschino, and cap them with whipped cream.

Make a rich cheese custard by adding two ounces of
 6. *Veronese* grated Parmesan to the custard given at
toasts. page 30. Cover six anchovy toasts with this, and sprinkle finely minced olives over all. Serve very hot.

MENU XLVII.

(May or June—Fish dinner.)

Potage à la St. Malo.

Blanchailles à la diable.

Matelote d'anguilles.

Truite saumonée marinée.

Salade à la Suédoise.

Jambon aux fèves de marais.

Chartreuse de fruits à la débutante.

Omelettes au Gruyère.

PROCEED exactly as for *purée de crevettes*, page 82, except that the picked shrimps should go in with the shells (pounded) into the partly thickened broth. After simmering half an hour pass ^{1. St. Malo soup.} all through the sieve, add a gill of well-made tomato *purée* to the soup, and garnish with a few picked shrimps saved for the purpose.

Fry the whitebait as at page 17, drain, dry, and dust over with salt and Nepaul ^{2. Devilled whitebait.} pepper as well as black pepper.

Have the eel sent in skinned, then blanch it (cut into two-inch lengths) in boiling water for five minutes, cool, and keep it on a plate. Put an ounce of butter in a stewpan with three ounces of ^{3. Stewed eels.} mixed onion, carrot, and turnip, a good bunch of parsley shredded, and a bouquet garni; fry till softening nicely, then put in an ounce of flour and one of glaze, melt the latter and stir the former well, then lay the pieces of eel on the vegetables and moisten

with half fish broth and half claret in sufficient quantity to cover, lay a buttered paper over the stew, cover the pan, and simmer very gently for about twenty minutes. Take off the fire, lay the pieces of eel on a hot dish, and strain the sauce from the stewpan over them.

The salmon-trout should be cooked like the salmon, page 148, but the garnish may be varied with hard-boiled eggs, ravigote butter in small balls, turned olives, and fillets of anchovy: the salad may be made of asparagus points, green peas, and French beans cut into diamonds, and moistened with Suédoise sauce, page 167.

4. *Mari-naded sea-trout.*

Boil a nice dish of young broad beans till the skins can be pinched off. This having been done turn them into a stewpan, season them with black pepper, salt, and a dust of sugar, and melt an ounce of butter among them, serve with slices of cooked ham gently heated in madeira sauce.

5. *Ham with broad beans.*

Make a pint of apricot syrup with three gills of water, one gill of apricot jam, and a liqueur-glass of rum, stir in an ounce and a quarter of moistened gelatine, strain when dissolved, and putting a border mould on ice, proceed to set layers of fresh fruit in the syrup—strawberries, cherries, &c.—serve with whipped cream.

6. *Chartreuse of fruit.*

Make the omelette mixture given at page 63, omitting the sugar and rum, and substituting a seasoning of salt, and three tablespoonfuls of grated Gruyère. Cook in the same manner, and serve with a dusting of grated Gruyère.

7. *Gruyère omelette.*

MENU XLVIII.

(June or July—Vegetarian.)

Purée Saint Marceau.

Fausses blanchailles.

Ragoût à la printanière.

Fonds d'artichauts à la Mornay.

Salade à la gelée.

Tarte aux pêches.

Canapés aux tomates.

MAKE a *purée* of green peas in the manner explained at page 87 ; serve garnished with separately cooked lettuce shredded, and a fine Julienne of boiled leeks, with *croûtons* of fried bread.

1. *Green pea soup in Saint Marceau style.*

Cut out of a vegetable marrow as many little fillets the size of medium whitebait as you can, roll them in the same way in flour, page 17, let this dry thoroughly, then plunge them into boiling fat, and finish as in the case of real whitebait, serving with the same accompaniments.

2. *Mock whitebait.*

Trim three dozen fillets each of turnip, carrot, and cucumber, as for Gendarme garnish, Menu xlv., and cook them in the same manner, putting in the carrots first, then the turnips, lastly the cucumber : stew gently in butter. Make a brown sauce with a pint of vegetable *cuisson* tinted with caramel, put the fried vegetables into this, heat up, and serve with *croûtes* of fried bread.

3. *Ragoût of vegetables.*

Prepare the artichoke bottoms after trimming by gentle braising in milk, then cool, turn the milk to a white sauce afterwards, boiling up with it
 4. *Artichokes* two ounces of minced mushrooms ; strain,
à la Mornay. and reduce this sauce till it coats the spoon,
 now arrange the artichoke bottoms in a *légumière*, fill their cavities with minced cooked mushrooms and truffle, mask over with the sauce, shake a film of grated Parmesan over all, and heat in the oven till hot enough to serve.

This is a mixed cooked vegetable salad, set in a border of aspic jelly (made with vegetable
 5. *Salade in* stock) and served with mayonnaise sauce as
jelly. cold as possible.

The peach tart will be all the better if the fruit be marinated in a little maraschino, and when packed, diluted with a gill of apricot syrup flavoured
 6. *Peach* with maraschino. In other respects proceed
tart. as usual, piling the fruit high dome-wise in the dish and covering with puff pastry. Serve cold with ice cream.

Cook half a pound of tomatoes as described at page 37, and after passing them through the hair sieve put them into a stewpan over a low fire,
 7. *Parmesan* thickening them to the consistency of thick
canapés. batter with grated Parmesan, spread this over very hot fried squares of bread, dust over with grated Parmesan and serve.

MENU XLIX.

(Autumn.)

Potage Royal-faubonne.
Turbotin aux fines herbes.
Ris de veau à la Thérèse.
Sarcelles.
Riz à la Condé.
Biscuits à la Sicilienne.

Cut a couple of dozen Julienne-like strips of meat from the breast of a cold pheasant, pound the rest of the pickings in a mortar, and use skin and bones for a game-flavoured broth. Thicken ^{1. Pheasant soup.} the last when ready, adding the *purée* of meat, season, simmer, and pass through a hair sieve, add the strips of meat, and serve.

Cook a chicken turbot as described for haddock, page 71. Place the two fillets when cooked under a weight, when cold spread over the surface of the under fillet a layer of minced mushroom and parsley, lay the upper fillet over ^{2. Chicken turbot with fines herbes.} it, mask with a sauce made as in the recipe alluded to, and set in the oven till thoroughly hot, when serve.

Having soaked, trimmed, and blanched the sweet-breads, lard them alternately with bacon and cooked ham, braise as described for the ^{3. Sweet-breads à la Thérèse.} *tournedos*, page 8, and serve in the same manner.

Take the breasts of the teal off whole and set them aside. Break up the rest of the birds and make a strong broth with the assistance of meat glaze, vegetables, and aromatic seasoning. 4. *Grilled teal.* Strain this and turn it to a brown sauce, flavouring it with orange-juice and red wine. Grill the breasts over a clear fire, and serve with the sauce and crisply fried potato chips.

A border mould of rice, masked with apricot glaze, page 50, garnished with quarters of the fruit diluted with the glaze also, and 5. *Rice with apricots.* served hot.

Out of the paste given at page 78, rolled a quarter of an inch thick, stamp out half a dozen biscuits the size of a five-shilling piece. Bake them in a gentle oven, and when ready lay over 6. *Sicilian biscuits.* each crossed fillets of anchovy heated in a little melted glaze. Serve at once.

MENU L.

(*Winter.*)

Potage aux hultres.

Soles frites.

"Hashed hare."

Poulet à la casserole.

Compote de marrons.

Tartelettes à la sardine.

PREPARE the oysters as explained at page 52, and in all other respects follow the reeipe ^{1. *Oyster soup.*} given for mussel soup, page 134.

It is often easier to cut a sole into two-inch pieces crosswise for frying than to cook it whole. These should be floured, egged, and rolled in finely sifted crumbs *twice* with a good rest ^{2. *Sole fried in pieces.*} for drying between each crumbing. Fry the pieces one after another in boiling fat, drain, dry, dust over with salt, and serve on a hot napkin with lemon, brown bread and butter, and *beurre fondu*, page 90.

Take the meat off a cold roast hare, and marinade the pieces in the sauce made for the hash for at least three hours. This should be made with a broth extracted from the bones and trimmings of the hare, flavoured with red wine, lemon-juice, and red currant jelly. Serve ^{3. *Hashed hare with cherries.*} garnished with preserved cherries.

Cook the fowl exactly as described for *faisan à la casserole*, Menu xii., serve with bread sauce
 4. *Chicken in the casserole.* and *pommes de terre sautées*, a winter salad accompanying like that given at page 10.

Peel, scald, and prepare the chestnuts as in the recipe for *crème de marrons*, page 112, add a liqueur-glass of kirsch to the syrup, and simmer
 5. *Compote of chestnuts.* very slowly, stopping before the nuts become crumbly; then take them out carefully, lay them on a glass dish, put such of the syrup as may remain into a stewpan, making the quantity up to half a pint with water and two tablespoonfuls of apricot jam; add another liqueur-glass of kirsch and simmer all for ten minutes, then strain the syrup off over the chestnuts, cool the dish in a very cold larder and serve with whipped cream.

Prepare tartelette cases as for *tartelettes à la Norvégienne*, page 78. Heat them in the oven when required, and fill them just before serving
 6. *Sardine tartlets.* with this:—Take one sardine for two cases, remove the oil from them, scrape off their skins, pick out the bone, and pound the fish in a mortar with two hard-boiled yolks of eggs (for six tartelettes), and half an ounce of butter, six capers, pepper and salt. When smooth pass the *purée* through a hair sieve, put it into a saucepan, in which you have melted half an ounce of glaze with a tablespoonful of broth, stir till hot and use.

APPENDIX.

Pot-au-feu, or beef bouillon, for eight basins, worked out according to the latest principles.

TAKE one pound and a half of lean beef as fresh as possible ; three-quarters of a pound of lean veal, and one of veal bones chopped small ; also sixpennyworth of fowl giblets, which should be scalded and cut up small. Cut the meat into inch squares, lay them at the bottom of a stockpot, sprinkle with half an ounce of salt, and cover with three pints and a half of cold water ; put over a very low fire—uncovered—and bring very slowly to the boil, skimming carefully. While this is going on put the bones and giblets in a buttered baking-tin in the oven to brown, and when the broth has been thoroughly skimmed and allowed to come to the boil add them, also putting in—carefully washed and cut up—five ounces of onion, five of carrot, five of turnip, and five of leek, one of celery, and a *bouquet garni*. Continue now over a low fire at the edge of the stockpot to simmer for three and a half hours, when you can strain, cool, and remove the fat. During the skimming small additions of cold water are advisable to retard the boiling and facilitate the rising of the scum.

TO CLARIFY.

Cut up and pass through the mincing machine one pound of fresh gravy beef, carefully removing all fat and sinew. Put the pulp into a basin and break into it a perfectly fresh egg—yolk and white but *no* shell: mix thoroughly, add two tablespoonfuls of the broth and whisk all together to a pulp. Now put the cold broth in a clean vessel on the fire, stir in the pulp, and continue stirring till the first signs of boiling are perceptible, then draw the vessel gently back and let it remain for an hour over moderate heat barely simmering. After this pour through a clean freshly scalded napkin, disturbing the sediment as little as possible.

SECOND BOILINGS.

After straining the broth in the first instance, return all the materials to the stockpot, just cover with warm water, and in due course add the clarifying beef after it has been strained away. Keep the vessel at a gentle heat for three or four hours, and a very useful product will be the result, which can be used for *purées*, moistenings of stews, *braises*, &c.

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